



## **RYT 300 Yogic Lifestyle and Advanced Teaching Certification**

Your Payment Includes/Does Not Include

Notes on bringing your reading material (not available here)

Housing Recommendations Nearby to Davannayoga

What to Bring/Laundry Services nearby and Transportation

Vegetarian/Vegan food options nearby

### **Your Payment Includes:**

Your davannayoga® training manual(s), Ayurveda manual, restorative yoga training manual and "Mudras, Yoga in your Hands" booklet by Gertrud Hirschi. We can loan you a yoga mat if needed during your training. Y

You will receive free public classes during training, free public workshops during the training time, all kirtan/meditation sessions are included as well as a group activity (excluding meals), and your davannayoga® Yogic Lifestyle and Advanced Teaching certificate.

Your friends/family who accompany you for this training will receive 1/2 off of all classes while you are in training.

### **Your Payment Does Not Include:**

1) Fees for Yoga Alliance Registration

After receiving your davannayoga® teaching certificate, you will be qualified for Yoga Alliance Registration. For Yoga Alliance registration there is an extra charge paid directly to the Yoga Alliance. You may register electronically and then they verify the completion of our program with davannayoga before granting your registration. It is your responsibility to apply for Yoga Alliance Certification once you are qualified through davannayoga® and have received your certificate.



## 2) Lodging, Food or Transport

The training package DOES NOT offer lodging, food or transport. See below for housing recommendations.

### **Application & Deposit Fee:**

Please send in the application first - once it is accepted, you may then pay your deposit.

A deposit of \$1000USD ( or equivalent in pesos at current exchange rate) must be received to confirm your spot in the training. We have limited spaces available for each training that are issued on a first come/first serve basis.

### **Cancellation Policy:**

All payments are non-refundable. The full fee is due BEFORE the beginning of the course. There are no refunds. In case of an emergency, you may apply the fee to another course within 24 months of the course for which you originally registered. In case you need to leave for any reason during the course, you have up to 3 years to return and finish the course. The fee is not transferable to another person.



**A Note about Required Reading Materials - they will NOT be available for Purchase here in Puerto Vallarta!**

Required reading material should be obtained before arriving as these books are not available at any book store in Puerto Vallarta. You will only have to bring Yoga & Ayurveda and Yoga Nidra with you. The Bhagavad Gita will be referred to in dharma talks and you may want to bring it so you can make notes directly in the pages. However it is also possible ( if you need to travel light) to make notes in your notebook and copy them into the texts when you get home.

**Nearby Housing Options:**

Nearby davannayoga® there are good options for housing within a few blocks from our yoga school. Please note that davannayoga is not responsible for housing choices, or for loss or damage of personal belongings during this course whether in your hotel, apartment or here at the davannayoga shala. **We recommend that you purchase travelers insurance** which covers, in most cases, theft, loss or damage of your valuables while on this trip as well as flight delays, missed flights and so on.

**Casa De Amigos PV**

CasaDeAmigosPV offers 4 (apartments or rooms) two blocks from Davannayoga- the benefits to this place are too long to list but I'll try.... From a caring host to every kitchen item you could imagine to a washer and dryer to use, ocean view patios, and even use of their SUP's... it's an amazing place to stay. All of our students who have stayed here, give rave reviews of Marc and his beautiful home. These rooms have fully stocked kitchens all except for one which has a coffee maker and refrigerator. The pool and common areas and common kitchen are loaded with supplies from top-of -the-line juice extractors to kitchen aid mixers



and Nespresso machines. There is even a beautiful library to borrow paperback books from. See their website and get ready for a wonderful place to call home while you're in PV! See the rooms on their Website and be sure to see the area to click on their reservation page that says you are coming from Davannayoga to get a 10% discount: <http://CasaDeAmigosPV.com>

Questions, contact Marc Ferrante <[casadeamigospv@icloud.com](mailto:casadeamigospv@icloud.com)>

**Casa Dulce Vida:** <http://www.dulcevida.com>

Great casitas with kitchens and they have a big pool to share. Many of the casitas are for sharing and there are also some single casitas. Prices range from 450\$-1000\$usd per month for the completely furnished apartments. This hotel is aprox. 1 block from davannayoga.

**Los Cuatro Vientos:** <http://www.chezelena.com> , Good pricing offered for long term housing (3 weeks or more) . There is no kitchenette in the rooms but they do have a restaurant inside the hotel. This hotel is only two doors from davannayoga.

**Hotel Catedral Vallarta:** <http://www.hotelcatedralvallarta.com/contactus.php>

They will make a deal for long term stay. Very comfortable hotel with access to everything. No kitchenettes in these rooms.

**Christine Chin's Condo's** - these condos belong to a davannayoga certified teacher and are close to the yoga shala. She is willing to work with you on pricing if you're here for the training. Contact : [christinewchin@gmail.com](mailto:christinewchin@gmail.com). To see the two condos go to: <http://christinewchin.wix.com/condohappy> and <http://christinewchin.wix.com/condokylie>



**Linda's Place** fully furnished condo with great views. Very affordable. Amenities include: Two twin size beds, Cable TV, WIFI, gas, shared pool access, water, electricity and maid service. Contact Linda Miller for more information:  
lindanmiller@yahoo.com

**David's Condo's** - 2 nearby condos only 5 min. walk to Davannayoga - Charming, clean condo's with all amenities and great views to the ocean- high speed internet access, cable TV, fully furnished, swimming pool, security and maid service. If you're interested in these condos, please contact: David Woodcock  
david\_woodcock@mac.com.

**Dream Studios** 3 affordable fully equipped studio apartments 10 mins. walk from davannayoga (400\$, 500\$ and 700\$ per month) <http://aliciabueno.blogspot.mx/>

**Vista Pacifico** - Basic but clean casitas with kitchens and a pool and amazing sunset view. Literally around the corner from davannayoga and next door to a little store that has everything you'll need. They often offer a discount if you say you are here with davannayoga. <http://www.suitesvistapacifico.com/>

#### **YOUTH HOSTELS:**

**Hostal Vallarta Suites:** literally steps away is a new upscale hostel that is



economical and has individual rooms as well as group rooms. They have very nice staff who understand the needs of a student in a yoga immersion. There are individual suites (bedroom and bathroom) and also bunk rooms to share. Slightly upscale hostel type housing. Great common kitchen area with view to the ocean.  
<http://hostalvallartasuites.com/>

**Oasis Hostel** - 3 blocks from davannayoga - you want the one in old town near the cathedral (there are two) <http://oasishostel.com/en/index.html>

**What to Bring/Laundry/Transport/ Food Options:**

Yoga Mat, Refillable Water Bottle, a notebook, highlighter pen, and pens/pencils for note taking. Many people find tabs useful to tab the areas of your manual that you use most. We will have sanskrit practice and some find it useful to bring flash cards .

Bring tera-like shoes as there are many cobblestone streets or one pair of running shoes and one pair of flip flops. Sunscreen, a hat and your bathing suit are all great ideas too.

Laundry service is close to davannayoga and is very affordable so you don't have to pack a lot of clothing.

Taxis and Busses are affordable, plentiful and safe in Puerto Vallarta.



## **What is the food like here? Are there vegetarian/vegan options?**

On Saturdays (only during the high season - not in May, July or October trainings) in Old Town we have a Farmers Market with many healthy options for food, shampoos, soaps and gifts. In addition, Organic Select ([www.organic-select.com](http://www.organic-select.com)) will deliver your order to the yoga studio on Thursdays - you have to have your order in to Anna by Mondays at 12 noon. ( see [organic-select.com](http://organic-select.com))

There are more and more Organic stores popping up daily. We also have a Costco and Sam's Club that offer many organic options so if you have cards for those stores they are honored here.

Just a few steps away is a mom and pop style restaurant with only 4 tables that makes our juice or coconut water daily ( optional that you order in the morning and they are ready by mid morning after asana practice - not included in fees). They also very economical meals and snacks. They are flexible and can make almost whatever you want.

Only 2 blocks away is a davannayoga favorite - Vegetarian Planet restaurant with a daily buffet of vegan and vegetarian delights the cost for all -you-can-eat (at time of publishing) is only 105 pesos.

There are Tienditas - "little stores" 1 block away with fresh fruit, nuts, breads, beans, vegies and fresh tortillas daily. They have many more things as well. Often students who liver nearby don't need to go to a big market as they can find what they need at the tiendita.



There are numerous juice stands, fruit stands and sandwich shops very nearby as well as a Starbucks only 5 minutes away by foot if you need a coffee or tea and some nice air-conditioning.

Basically davannayoga is in the center of it all. You will be able to find what you need very nearby.