



Registered Yoga School



davannayoga® Training Style

Overview of davannayoga® Vinyasa Flow Training

davannayoga's® training focuses on teaching the Vinyasa Flow style to all levels of yoga practitioners. Our purpose is to uphold and maintain the highest standard of safety and instruction for all yoga teachers.

You will learn how to teach asana, pranayama, and meditation, as well as davannayoga's signature assists and adjusts to help the student relax and take their practice deeper. To this traditional training, you will add your own creative style to become the teacher that you have always wanted to be!

A Typical Day at davannayoga Teacher Training:

Early morning: Opening Mantra, mantra practice, questions from homework

Morning: Asana Practice in class or teach/adjust/chant in public class and review of public class

Morning/Afternoon: Practical training in day's course work, end with closing mantra

Afternoon: Free

Some Evenings: Asana Practice, Meditation Practice or Kirtan depending on your course work progress

Almost all evenings will include self-study homework of reading or creating sequences or study of Sanskrit

Course Leader/Director:

ANNA LAURITA, is an E-RYT certified teacher which means an Experienced Registered Yoga Teacher with the Yoga Alliance. This means that she has 1000 hours or more of teaching experience since becoming a Registered Yoga Teacher with the Yoga Alliance.

Anna is also a certified Yogic Arts™ teacher and often assists her teacher Master Duncan Wong at Teachers Trainings and International Conferences. Anna began her yoga studies in 1991 in Katmandu Nepal, and has traveled extensively since then in Asia, and Latin America to learn techniques that promote health, happiness and peace. She is known for her powerful practice, intuitive understanding of the body and her creative, and engaging teaching style. She owns davannayoga® school in Puerto Vallarta where she lives with her husband and three children.

davannayoga® Style

A davannayoga® trained teacher will be able to:

- Properly convey the value and technique of the various yoga practices.
- Meet the needs of both the most advanced and first time student within the same class.
- Confidently give thai yoga massage-based adjustments and transitions to help the student relax and go deeper in their yoga practice.
- Sequence and teach a Vinyasa flow yoga class set to upbeat and inspirational music, infusing the practitioner with energetic postures and rhythms.
- Lead a practice with breath, alignment and intention in absolute forefront.
- Offer opportunities for the student to take their practice deeper in a safe environment, to let go and feel Yoga Good!
- Help people with special needs to practice yoga (pre-natal, overweight, etc...)
- Feel confident that their training was well rounded and thorough. Preparing them to teach in any situation and to anyone.
- Teach anywhere in the world with Yoga Alliance certification!

As davannayoga® trained teachers, we offer a Service to our students and our community. We are honored to lead the students' practice. We realize the importance of our position and what an impact it has on one's self and your students.

Teaching certification is awarded on the basis of successful comprehension and mastery of the principles and practice of Yoga and the ability to communicate them to others. Those diligently applying themselves should find no difficulty in achieving success.

Criteria for receiving davannayoga® teacher certification:

- You must have a 100% attendance record at all trainings.
- You must hand in all required book reports and homework assignments (see class curriculum for required reading assignments)
- Student must agree to the davannayoga teacher guidelines and ethics.
- You must successfully (as evaluated by director) assist and teach Vinyasa Flow classes at davannayoga.