

Davannayoga® Teacher Training Curriculum – 200-hour level

Our Teacher Training program has been developed to help each student create a traditional and creative teaching capability. Our purpose is to uphold and maintain the highest standard of safety and instruction for all yoga teachers.

As a yoga teacher it is important not only to have the ability to properly convey the value and technique of the various yoga practices, but also to realize the importance of this 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.

Prerequisites for graduation:

- *Complete Teacher Training application and pay all fees
- *Attend all training hours and complete all outside assignments and apprenticeship hours
- *Sign davannayoga ® Teachers Ethical Guidelines/Code Of Conduct
- *Create/give a davannayoga vinyasa sequenced class to your peers for peer critique.

Yoga Teacher Training Curriculum

The curriculum follows the guidelines recognized by the international yoga community as the standard for yoga teacher training programs. The training is available in modules.

Module I. Teaching Technique - “The Art of Teaching” 100 hours

Teaches both the theory and practice of asanas, meditation, pranayama, sequencing, mudras, bandhas and sanskrit.

Yoga asanas are studied in-depth.

- Principles of Classic Yoga Asanas
- Alignment Theory
- Posture-Specific Alignment & benefits
- Adapting postures to the individual - special cases (children, pre-natal, special needs)
- Usage of props
- Vinyasa Flow practice technique
- Krishnamacharya’s Theory of Krama/Sequencing
- Music for sequencing
- Mudras and their effects
- Thai Yoga Massage basics
- Bandhas and their effects on asana and pranayama
- Sanskrit Studies
- Pranayama/breathing methodology & benefits
- Pranayama techniques in practice
- Meditation & its benefits

Module II. Teaching Methodology - 25 hours

Teaches the demonstration and observation of poses; how to assist, adjust, and modify the poses; understanding students' learning styles; developing one's teaching style; and the business of yoga.

- Assisting and Correcting Asanas
- Effective Cueing
- Development of Verbal Skills
- Demonstrating for your class
- Reading group energy and dynamics
- Managing many levels in one class – davannayoga®
Individual Asana Basis training
- Cultivating confidence

- Planning your own classes
- Practice Teach Sessions & Feedback from other Teacher Training Students
- Opportunity to assist teachers in classes with evaluation
- How to organize and promote a workshop, class, yoga event
- Basic marketing for yoga
- Practice Teaching – Assisting/Adjusting starts

Module III. Anatomy and Physiology - 20 hours

Teaches both physical anatomy, physiology, and energy anatomy (i.e., chakras and nadis) as they apply to yoga teaching.

- Introductory Anatomy as applied to Asana, useful vocabulary for anatomy
- Anatomy of Postures: seated postures, twists, backbends, inversions
- The Physiology of Asana, Breath & Meditation
- Injury Prevention
- Advanced Relaxation Techniques
- Prana & the Vayus
- Chakras & Nadis
- Bandhas
- Mudras and how they affect the body
- Adapting the practice to your lifestyle, needs, body
- Thai Massage and it's effects on the postures

Module IV. Yoga Philosophy, Lifestyle and Ethics - 30 hours Teaches the history of yoga; different styles of yoga; yoga philosophy; and the ethical behavior of yoga teachers.

- History of Yoga – Classical & Modern; Evolution of Yoga – important teachers and their contributions
- Fundamentals of the Yoga Sutras & 8 Limbed Path
- Major modern schools and their approaches
- The Yoga of the Vedas and Upanishads
- The Bhagavad-Gita & its Teachings
- Patanjali's Classical Yoga
- Tantra Yoga
- The History & theory & Technology of Hatha - Yoga
- The Art of Living Your Yoga
- Yoga and Vegetarianism
- Living "Green"
- Teacher/Student Ethics
- Karma Yoga
- Kirtan Chanting

Module V. Teaching Apprenticeship - 20 hours

In-class teaching, assisting, receiving feedback, observing, and giving feedback of other teachers. Apprentice teaching under the evaluating eye of the instructor. This may be in giving a full class or parts of a class.

You will give one class that you create as a final exam. This class will be given to and evaluated by your peers.

List of Reading for this curriculum:

The essays on these books can be handed in before graduation. You may choose to write them before coming.

- **Required Reading**

The Heart of Yoga by TKV Desikachar
(English OR Spanish)

20 hours to read entire book + 5 hours for Essay = **25 hrs.**

Yoga and Vegetarianism by Sharon Gannon

10 Hours to read entire book + 5hours for Essay = **15 hrs**

The Yoga Sutra of Patanjali, translation by Chip Hartranft
(Shambala Classics) **OR you can use the *Yoga Sutra***
Translations in the back of The Heart of Yoga book

10 hours to read entire book + 5 hours for essay = 15 hours

Essay Format

1000 words typed in ***English or Spanish***

Arial or Times New Roman Font, 12-point,
double-spaced,

on plain white 8x10 paper

choose one of these report format options:

Overview of whole book (or)

Summary of one chapter (or)

Elaboration on one point

THIS IS ONE BOOK YOU MUST BRING WITH YOU:

Anatomy and Asana: Preventing Yoga Injuries by Susi Hately Aldous

Below are reference books that will be used in the course.

You are not required to read them cover to cover, but you need to have an overview and basic knowledge of each. **YOU DO NOT HAVE TO BRING THESE BOOKS WITH YOU TO THE COURSE.**

Yoga Mala – Sri Pattabhi Jois

Hatha Yoga Pradipika -- The Original Sanskrit Svatmarama English translation by Brian Dana Akers

Light on Pranayama, BKS Iyengar

Light on Yoga, BKS Iyengar *Gita Wisdom* by Joshua Greene

Other Suggested Reading for teachers (best AFTER training when you have more time):

Shambala Guide to Yoga by Dr. Georg Feuerstein

Jivamukti Yoga, Practices for Liberating Body and Soul by Sharon Gannon and David Life

The Bhadavad Gita translation by Easwaran

The Upanishads by Easwaran

Light on Life by BKS Iyengar

Moola Bhanda: The Master Key, by Swami Buddhananda

Autobiography of a Yogi by Paramahansa Yogananda

Yoga Nidra - by Swami Satyananda Saraswati