

Your Payment Includes/Does Not Include

Your Payment Includes:

davannayoga® training manual
Book: Mudras, Yoga in your Hands by Gertrud Hirschi
davannayoga® class time
Free public classes during training
davannayoga® teaching certificate
Forms needed for Yoga Alliance Certification

Your Payment Does Not Include:

Fees for Yoga Alliance Certification

After receiving your davannayoga® teaching certificate, you will be qualified for Yoga Alliance certificate. For Yoga Alliance certification there is an extra charge (paid directly to the Yoga Alliance by US check or credit card) to the Yoga Alliance: (\$80 US). davannayoga® will give you the simple 2-page form you need to send to the Yoga Alliance. It is your responsibility to apply for Yoga Alliance Certification once you are qualified through davannayoga® and have received your certificate.

Required Reading Material

Required reading material should be obtained before arriving as these books are not available at any book store in Puerto Vallarta.

Lodging, Food or Transport

These training packages DO NOT offer lodging, food or transport. However, we are happy to recommend local hotels and Inns nearby and options for economical transport.

Application Deposit Fee:

A deposit fee MUST be received at time of application. No application will be considered without the non-refundable deposit fee.

For Full Course Deposit: A deposit of \$1000USD/ (13000MXP) reserves your place and MUST be received with the completed application. You may pay by cash, paypal (with some fees added for paypal charges) or check (MXP or USD).

For Module Deposit: A deposit of \$130 USD/ (1000 MXP) reserves your place.

Cancellation Policy:

Once you are accepted for the course, the deposit becomes non-refundable. The full fee is due 15 days before the start of the course and once the course starts, there is no refund. In case of an emergency, you may apply the fee to another course within 24 months of the course for which you originally registered. The fee is not transferable to another person.

Davannayoga reserves the right to cancel the class 10 days prior to the first session if minimum class size of 5 students is not reached. 100% of the funds will be refunded to the student.

Nearby Housing Options:

Nearby davannayoga® there are good options for housing within a few blocks from our yoga school.

Los Cuatro Vientos: <http://www.chezelena.com> , Prices are \$69-89USD per night depending on the season. They will make a better deal for long term housing (3 weeks or more) This hotel is two doors from davannayoga.

Casa La Dulce Vida: <http://www.dulcevida.com> \$50-130USD per night depending on size of room and number of people staying in each room. This hotel is aprox. 1 block from davannayoga.

Youth Hostels: <http://www.hihostels.com>
Vallarta Sun Hostel (beds start at 15\$)

Hostel del Artistes: <http://www.hostelsweb.com> (dorm rooms start at 17\$)

Bed and Pizza (youth hostel with some private rooms available) will make a great deal for long term stays (8 min. bus ride from davannayoga)
<http://www.bed-pizza.com>

Great house for rent only 1 block from davannayoga: <http://casamyito.com/photos.htm> Sleeps 1-3 people. Only \$450 per month.

HOTEL CATEDRAL VALLARTA: <http://www.hotelcatedralvallarta.com/contactus.php> will of course make deal for longer term stay.

Two apartments on Mina street: (2 blocks from davannayoga) have ocean view (the upper apartment has a more extensive view). Both have full kitchens, TV with cable, free WIFI, private terrace, and A/C. This is for all utilities Except Electricity. Contact: Christina Rathke casapamalaan@yahoo.com

What to Bring/Laundry/Transport:

Yoga Mat, Refillable Water Bottle, a notebook and pens/pencils for notetaking. The Fall/Winter season has beautiful weather – often 85 degrees with low-humidity and cool nights. The ocean is warm for swimming and the beaches are beautiful. Bring a bathing suit!

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?

There are many healthy eating options here. Just 3 blocks from our yoga shala is a wonderful Vegetarian Buffet at 85 pesos (about 7\$) with different meals each day.

This is a favorite of the students for lunch break as it is ready and they can eat slowly on their break instead of having to wait for an order and hurry back.

There are many other vegetarian restaurants nearby, some we can order from like Salud Super Food (www.saludpv.com) and some we can walk to.

On Saturdays in Old Town we have two Farmers Markets with many healthy options for food, shampoos, soaps and gifts. In addition, Organic Select (www.organic-select.com) will deliver your order to the yoga studio on Thursdays.

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