

Your Payment Includes/Does Not Include

Your Payment Includes:

Your davannayoga® training manual and Mudras, Yoga in your Hands by Gertrud Hirschi and use of a yoga mat if needed during your training . You will also receive free public classes during training, free public workshops during the training time, a group activity, and your davannayoga 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:

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 your 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.

Required Reading Material

Required reading material should be obtained before arriving as these books are not available at any book store in Puerto Vallarta. You only have to bring Anatomy and Asana by Susi Hatley Aldous with you. All other books you can leave at home and use them for writing your essays.

Lodging, Food or Transport

The training package DOES NOT offer lodging, food or transport. See our Housing Recommendations link on our website for nearby housing recommendations. We recommend you **purchase travelers insurance** for loss of flights, delays, illnesses or injuries while traveling, lost or stolen items and other covered situations. Davannayoga is not responsible for injuries in transport, illnesses, loss or theft of items while you stay in Puerto Vallarta.

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 and they are issued on a first come/first serve basis. You may pay by cash, paypal (with your credit card or paypal account), US bank deposit, wire transfer or check. We do not accept credit cards on-site.

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.

What to Bring/Laundry/Transport:

Yoga Mat, Refillable Water Bottle, a notebook and pens/pencils for note taking. The ocean is warm for swimming and the beaches are beautiful - so 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. This is a wash/fold service where they charge by the kilo.

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

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

On Saturdays (between November - March) in Old Town we have a Farmers Market with many healthy options for food, shampoos, soaps and gifts. In addition, Organic Select, Ginger Veggie and The Green Place are our favorite

options for good organic groceries. Many organic options can also be found here at markets too.

Just a few steps away is a mom and pop style restaurant with only 4 tables that makes us juice or coconut water daily. 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 - lunch is ready when you arrive and the cost is only 125 pesos. Other local restaurants that cater to vegans/vegetarians are: The Green Place, la Tostaderia, Vegetarian Mary's, Playa Detox and more. Many regular restaurants are vegetarian/vegan friendly too.

There are Tienditas - "little stores" 1 block away with fresh fruit, nuts, breads,coconut milk, soy and almond milk, beans, veggies 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 great coffee shops.

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