



RYT 300 Yogic Lifestyle and Advanced Teaching Certification

Your Payment Includes/Does Not Include

Notes on bringing your reading material (not available here)

What to Bring/Laundry Services nearby and Transportation

Vegetarian/Vegan food options nearby

Your Payment Includes:

Your davannayoga® training manual(s), 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.

You will receive free public classes during training, free public workshops during the training time, all kirtan/meditation sessions (these may not be available in June/July training) are included as well as a group activity (excluding meal), 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 the link on our site for nearby 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 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.

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 Teva-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 Nov. - March) 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) is a great place to purchase organic items and for great vegan groceries try Gingerveggie downtown - they have Beyond Meat burgers, alternative meat products and so much more!

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 125 pesos. Other favorite nearby vegetarian/vegan restaurants are The Green Place, Vegetarian Mary's, La Tostaderia, Salud Restaurant and Playa detox. Many deliver too.

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. Local coffee shops with world-class coffee can be found within 2 blocks of davannayoga.

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