

## Davannayoga® ONLINE Teacher Training Curriculum And Required Reading Guidelines – 200-hour level

Our Teacher Training program helps each student create a traditional and creative teaching capability. Our purpose is to uphold and maintain the highest standard of training for all yoga teachers to grow personally and professionally, beyond their wildest expectations.

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

It is necessary to take this course with the passion to immerse yourself in an intensive yoga training program. It requires a commitment to be present daily and participate to the best of your ability. This may require changing your sleeping habits to retire early and wake up early in order to be prepared for early morning classes. There is a lot of reading and practicing between daily classes.

### Pre-requisites for Certification:

\*Pay All fees associated with this course

\*Attend all online live training hours and complete all essay assignments (see below for essay information)

\*Sign davannayoga ® Code of Conduct, media release and waiver

\*Create/give a davannayoga vinyasa sequenced class and send video to: [anna@davannayoga.com](mailto:anna@davannayoga.com)

## Yoga Teacher Training Curriculum

The curriculum follows the guidelines recognized by the Yoga Alliance for a 200 hour program.

### **Module I. Teaching Technique - “The Art of Teaching ”**

*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 Sequencing Guidelines (charts and methodology)

Krishnamacharya’s Theory of Krama

Sequencing usic for your classes

Mudras and their effects

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**

*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

Demonstration Tips

Reading group energy and dynamics

Managing many levels in one class

Cultivating confidence

Planning your own classes

Practice /Teach Sessions & Feedback from lead teacher and other students in online live courses  
How to organize and promote a workshop, class, yoga event  
Basic marketing for yoga  
Assisting/Adjusting/Cueing pedagogy

### **Module III. Anatomy and Physiology**

*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

### **Module IV. Yoga Philosophy, Lifestyle and Ethics -**

*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  
Fundamentals of the Yoga Sutras & 8 Limbed Path  
Yoga Types  
The Classics, Yoga Sutras, Bhagavad Gita and Hatha Yoga Pradipika  
Patanjali's Classical Yoga  
Tantra Yoga  
Hatha Yoga  
Living Your Yoga  
Yoga and Vegetarianism  
Teacher Code of Conduct  
Karma Yoga  
Mantra Chanting

## **Module V. Teaching**

In-class teaching, assisting, receiving feedback, observing, and giving feedback. At the end, you will be asked to give a class, film it and send it to the lead teacher.

### **List of Reading for this Curriculum/Essay Assignments:**

Please Purchase These books online or in print:

1) Anatomy and Asana: Preventing Yoga Injuries by Susi Hately Aldous

BOOKS FOR ESSAYS - Worth non-contact hours of your training  
The essays on these books can be handed in before coming to the training  
OR before graduation.

### **BEFORE OR DURING COURSE:**

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

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

2) *Yoga and Vegetarianism by Sharon Gannon*

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

Essay Format for all essays

- 500-800 words in English or Spanish
- Arial or Times New Roman Font, 12-point
- Sent electronically
- Choose one of these report format options:
  - Your Personal Impression of the reading
  - How you would translate this subject as a yoga teacher - Overview of whole book (or)
  - Summary of one chapter or elaboration on one point