

Davannayoga 200 hr. Curriculum

Davannayoga® 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 come 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.

Please don't plan other activities during this training such as Spanish lessons or other trainings as your full attention should be given to this program in order to complete it successfully.

Pre-requisites for Certification:

- *Complete Teacher Training application and pay all fees
- *Attend all training hours and complete all essay assignments (see below for essay information) and apprenticeship hours
- *Sign davannayoga ® Teachers Code Of Conduct and Agreements (please contact anna@davannayoga.com for this) and waiver (given at meet & greet prior to first training day)

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

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 ·
- 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

Anatomy and Physiology - 20 hours

Teaches both physical anatomy, physiology, and energy anatomy (i.e., chakras and nadis, koshas and prana) 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
- Koshas
- Bandhas
- Mudras and how they affect the body
- Adapting the practice to your lifestyle, needs, body

Yoga Philosophy, Lifestyle and Ethics - 30 hours

Teaches the history of yoga; different styles of yoga; yoga philosophy; and the code of conduct and ethics for yoga teachers.

- History and Evolution of Yoga – Classical & Modern
- Fundamentals of the Yoga Sutras & 8 Limbed Path
- Major modern schools and their approaches
- Classic Yoga Texts Overview including The Bhagavad-Gita, Patanjali's Classical Yoga, and Hatha Yoga Pradipika
- History and Philosophy of Tantra and Hatha Yoga
- The Art of Living Your Yoga
- Yoga and Vegetarianism
- Teacher/Student Ethics
- Karma Yoga
- Kirtan & Mantra Chanting

Teaching Apprenticeship - 20 hours

- In-class teaching to peers with peer and lead teacher feedback. Learn to assist and receive feedback, observe and develop the eye to see the whole student.
- Apprentice teaching under the evaluating eye of the instructor.
- You will give one class as a group that you create together and give together (our teachers love this exercise!)
- And there will be one class that you give at the end of the course to be evaluated by the lead teacher. You can give this class in a small group (2-3 people) or on your own.

List of Reading for this Curriculum/Essay Assignments:

THIS IS THE ONE BOOK YOU MUST BRING WITH YOU Anatomy and Asana: Preventing Yoga Injuries by Susi Hately Aldous

BOOKS FOR ESSAYS - Worth 55 non-contact hours of your training The essays on these books can be handed in before coming to the training OR before graduation.

- 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
- 3) The Yoga Sutra of Patanjali, - You don't need to buy an extra book for this, 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

- 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) one idea. No footnotes or citing, just your personal reflection.