

Overview of davannayoga® 300 hr. Yogic Lifestyle and Advanced Teaching program, A Typical Day and What This Training Will Give You

davannayoga's® 300 hour RYT training program focuses on offering tools to perfect the Yogic Lifestyle skills to go deeper into the Yogic Journey. The course will also offer advanced teaching skills in the areas of: vinyasa, restorative yoga, pranayama, mantras, mudras, bandhas, meditation, and yoga nidra. You will have 5 days of Ayurveda and Ayuryoga to really firm up your Yogic Lifestyle studies! You can expect to gain more in-depth knowledge of yoga history and philosophy.

Our purpose is to uphold and maintain the highest standard of safety and instruction for all yoga teachers.

A Typical Day at davannayoga 300 hr. Yogic Lifestyle and Advanced Teaching Teacher Training:

*6:30 or 7:20am (depending on time of year): Opening Mantras, pranayama practice, questions from homework and meditations.

Morning: practice, teaching opportunities, curriculum work

12 - 1:30 Lunch break

1:30-4:30: Practical training in day's course work (see full curriculum in other links), anatomy, history, philosophy, teaching methodology, workshops, working with groups

Afternoon: Free from 4:30-6:30

Evenings - 6:30-8:30 workshops, movies, practical work, mantra chanting, pranayama, yoga nidra.

Nightly and Early Morning Homework - Reading, and pranayama, dharana and dhyana homework as well as contemplation or journaling.

PLEASE NOTE: THIS IS AN INTENSIVE TRAINING, YOU WILL DEEPEN YOUR PRACTICE. YOU MUST HAVE 3-6 DAYS OF PRACTICE PER WEEK WORKING UP TO THIS TRAINING. WE PRACTICE TOGETHER 6-7 DAYS PER WEEK ONCE HERE. YOU SHOULD NOT COME WITH PRE-EXISTING INJURIES THAT WILL INHIBIT YOU FROM GETTING THE MOST OUT OF YOUR PRACTICE.

Course Leader/Director:

ANNA LAURITA , is an E-RYT-500 (Experienced Registered Yoga Teacher) with the Yoga Alliance. She has over 14,000 teaching hours registered with the Yoga Alliance. Anna is a certified Yogic Arts teacher and an ERCYT (Experienced Registered Childrens Yoga Teacher) as well as an ERPYT (Experienced Registered Pre-natal YogaTeacher) with the Yoga Alliance. Anna began her yoga studies in 1991 in Katmandu, Nepal and has traveled extensively since then in Asia, where she met her most influential teacher Master Duncan Wong, who honored her with her first teaching certification. Anna has also studied with Srivatsa Ramaswami, (a 30 year student of Sri Krishnamacharya) from whom she received a certificate in Vinyasa Krama. Anna has also studied at the Krishnamacharya Yoga Mandiram in Chennai, India where she continues to return and deepen her education as well as working with a KYM mentor. Anna is a certified Dharma Yoga teacher under the teachings of Sri Dharma Mittra at the 500 hour level. She is authorized to teach Dharma levels II and III.

Criteria For Receiving Certification as a Davannayoga® Yogic Lifestyle and Advanced Teacher

Yogic Lifestyle and Advanced Teaching Certification is awarded on the basis of successful comprehension and mastery of the principles and practices of this advanced course and by following the spiritual practices and yogic diet as well as successfully completing the practicum section of this course (lead instructing classes and sessions as assigned and stated in the curriculum).

The student teacher must have a 100% attendance record at all sessions, or make up the time missed.

The student teacher must hand in all required commentaries on books assigned and complete any other homework assignments.

Those diligently applying themselves should find no difficulty in achieving success.