



## **davannayoga® Yogic Lifestyle and Advanced Teaching Prerequisites, Curriculum, Required Reading & Assignment Guidelines**

### **PREREQUISITES FOR THE DAVANNAYOGA® YOGIC LIFESTYLE AND ADVANCED TEACHER TRAINING - 300 HOURS**

The Successful Candidate will

- Have a regular yoga practice.
- Have previously taken an RYT - 200 program ( it doesn't have to have been with davannayoga)
- Submit full payment on or before the first day of the course.
- Complete reading/commentary assignments that are due before the course (see end of this document for svadhyaya and commentary assignments)
- Submit Online Application and read Teachers Ethical Guidelines on our website

### **OVERVIEW**

This Yogic Lifestyle and Advanced Teaching program encourages the advanced teacher to uphold a Yogic Lifestyle by offering tips and techniques that you will practice during the course and long after the course. The program will give deeper or more subtle training techniques to the advanced teacher in order to support them and encourage them in their teachings and in their life. It is our sincere desire to uphold and maintain the highest standard of training for each yoga teacher 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 Ethical Guidelines/Code Of Conduct and waiver ( the waiver will be given to you on first day)
- \*Complete all projects and teach classes assigned in reflection to the teachings of davannayoga sequencing.



## **300 hr. Yoga Teacher Training**

### **Curriculum Includes**

This curriculum follows the guidelines recognized by the Yoga Alliance for a 300 hour program and has been verified by the Yoga Alliance

### **DAVANNAYOGA YOGIC LIFESTYLE AND ADVANCED TEACHINGS**

#### **6 Principles of davannayoga**

##### **Description**

This module will explain the importance and use of the 6 principles of davannayoga: ahimsa, svadhyaya, tapas, bhakti, dharana and dhyana and their roles in understanding the Self.

#### **Ayurveda for Yoga Teachers**

##### **Description**

Advanced teachings of Ayurveda for personal use and for professional use.

#### **Daily Spiritual Practice with Review & Discussion in Class**

##### **Description**

This daily practice will be thoroughly explained and reviewed in class. Daily, the student will be asked to practice: Yogic Diet practices, a pranayama sequence and a dharana and a dhyana practice. The student will also receive 1 yama/niyama or other spiritual guideline to journal/contemplate upon. These will change every few days so that the teacher has many techniques to practice and later teach those that resonate with them.

#### **Dharma Talks & Satsang's**

##### **Description**

These discussions and Satsangs will focus on Yoga Philosophy, Ethics and Lifestyle including (but not limited to) : The Bhagavad Gita & Dharma; The Bhagavad Gita and Karma; The Bhagavad Gita and Action vs. Inaction; The Yoga Sutras ( not only the 8 limbs but Psychology of Patanjali) ; Ethics of a Yoga Teacher; Yogic Diet; the 6 Principles of Davannayoga: ahimsa, svadhyaya, tapas, bhakti, dharana and dhyana; the philosophy of asana; instruction on conducting satsangs in your community; What was the role of the Vedas, Upanishads, and Tantra Yoga in Hatha of today? History of yoga and history of yoga asana from 4000 BC to today - how did we get to where we are today?



### **Teaching Meditation through Traditional Techniques And Mindfulness Meditation**

#### **Description**

Deepening the knowledge of other or more subtle techniques to teach traditional meditation in order to make the benefits of meditation easily available to your students.

### **Teaching Yoga Nidra Techniques**

#### **Description**

Yoga Nidra is a useful technique for a teacher to possess for stand -alone meditation practice, a stand alone class in your studio, or for the end of a dynamic davannayoga class. This style is gaining popularity in the yoga community as it helps the student to relax into a blissful state of consciousness that is not awake yet not asleep (It is a guided meditation and tool for behavioral change and emotional development). It is in this level of consciousness that seeds planted ( through setting sankalpas or intentions for the meditation such as - "I can overcome impatience", "I can give up caffeine," will blossom into Self Realization. This is one of the 3 types of endings offered for a davannayoga class and is useful for awakening the ajna chakra. We will be using the text: *Yoga Nidra* by Swami Satyananda Saraswati to guide teachers into this technique.

### **Anatomy of Relaxation**

#### **Description**

Gain a deeper understanding of and be able to clearly explain the stress response, that resides in the human nervous system (as well as the relaxation response that we desire).

### **Common Injuries and Modifications For Yoga Practice**

#### **Description**

Deepen your knowledge of common injuries (not just related to yoga practices) and learn to modify the vinyasa practice for these injuries

### **Overview of Anatomy/Physiology**

#### **Description**

Revisit the overview of anatomy and physiology as well as anatomy language with the knowledge of having taught for 1-2 years already.

### **Developing the Eye To See**

#### **Description**

As an advanced teacher, one is expected to recognize structural and muscular imbalances that will affect the yoga practice of the student. In this module we offer techniques for developing this "eye to see" imbalances. Also expect discussion of agonist and antagonist muscle groups to be highlighted which helps the advanced teacher take the student deeper in a safe way.

### **Subtle Body Anatomy**

#### **Description**

This advanced module will cover new information on the vayus, koshas, chakras and nadis. Expect to dive deep into the chakras to areas such as: How chakras interact; Chakras and



Relationships; the Evolution of chakras; the psychological /developmental stages of chakras and the evolution of chakras. These teachings are based on the works of Dr. Carolyn Myss and Anodea Judith.

### **Vinyasa Sequencing Module**

#### **Description**

Yoga is a science and this is the module that concentrates on the precise science (with all of its subtleties) of sequencing a vinyasa practice according to the Krishnamacharya lineage parameters: steady, comfortable, attention to breath and non-wavering focus on the breath. Learn how to put a vinyasa class on a curve to reach a goal/peak with these parameters in mind. The curve also follows effective class structuring according to the chakras, working from the lowest to highest chakra in a logical fashion. The class will be laid out in charts and on curves. Groups review each vinyasa session to critique it according to the curve, thus learning the curve by memory to cut down class planning time. This is the hallmark of davannayoga's classes, the sequencing structure that makes a Maha Sadhana - a complete practice!

### **Restorative Yoga Training Module**

#### **Description**

This is a more in-depth Restorative Yoga training that really completes the teacher. Davannayoga believes that each teacher should know how to lead a complete Dynamic Yoga practices ( hatha and vinyasa) as well as Soft Yoga practices ( Restorative Yoga) and Meditation. In this module the teacher will boost their Restorative Yoga teaching skills and gain new and more advanced restorative yoga postures, new language, useful cues and advice on how to offer this to private yoga clients .

### **Advanced Pranayama Techniques**

#### **Description**

Teaching Advanced Pranayama Techniques for Yoga Teachers The practice of pranayama awakens the life force and opens the path to meditation and self realization. Deepening your knowledge of pranayama will benefit your students who want to energize their bodies, relax their bodies or create balance where there was imbalance. Ratios, bandhas, and sequences will be the focus for the advanced teacher.

### **Practice Teaching**

#### **Description**

The advanced teacher will be required to be the lead instructor for: \*Two (1.5 hour) dynamic classes during the course - vinyasa, or basic yoga for special audiences. The teacher will also be required the lead teach \*One Yoga Nidra session \*Restorative Yoga Postures \* One Guided Meditation session (mindfulness ) \*Various Pranayama Techniques and \* One Satsang Spiritual Discourse and demonstrate your ability to \*Lead Mantra Chanting. The teacher will receive peer and lead teacher input on these sessions.



### **Observing and Assisting**

#### Description

The Teacher will practice advanced assists while another teacher is teaching. Also in some cases, teachers will actively observe and comment on the overall class, teaching style and how students responded to the teacher in order to gain an understanding of the advanced tools put into action.

### **Teaching To Special Audiences**

#### Description

Extend your yoga knowledge to other/new audiences, specifically: overweight students, the beginning student, and an advanced student. You will also learn new techniques to lead successful private yoga sessions.

### **The Locks**

#### Description

In the 300 hour program you will learn about bandha usage not only in asanas but now also in pranayama usage ( which comes later in the teachings) you will also learn contraindications for bandha usage in pranayama . Learn more about hasta mudras as well as a lengthy practice on using both bandhas and mudras. Maybe you can even create your own mudras.

### **Advanced Sequencing for Other Asanas ( visesa)**

#### Description

Analytical training on how to sequence a class for "other postures" or "advanced postures". These advanced postures include : \*Maksikanagasana - dragonfly pose \* eka-pada- galavasana \*visvamitrasana \*Adho Vrksasana- handstand, and possibly others- all within Krishnamacharya sequencing science.

### **How to Teach & Properly Practice Chaturanga**

#### Description

In a vinyasa class, one may practice 30-50 chaturanga's. This workshop will expound upon the original teachings of chaturanga and highlight the anatomy and physiology of chaturanga as well give NEW tips for seasoned teachers to practice and teach this essential asana with confidence and grace.

### **Ethics for Yoga Teachers**

#### Description

Explore updated and effective ideas as they relate to the ethics of teaching yoga. This session will cover: \*Inclusive communication \*non-violent communication \*The seat of the teacher ( a seat of service) \*private class ethics \*the yamas and niyamas as they relate to the teacher/ student relationship.



### **Theme Building Techniques**

#### Description

Sequencing to themes is very important in davannayoga's style as we do not have set sequences. Theming is the way we make the practice meaningful to our students and community. Our students say that theming is why they return. They feel like they learn something new and are touched by the theme in each class. The theme changes constantly to reflect the day, month, holiday, season, world happenings, doshas, etc... There is an art to theming that is talked about in the 200 hour program but this module will take the teacher deeper into making the theme very meaningful as well as give tips to put together a theme in a short amount of time.

### **Bhakti and Mantra Chanting**

#### Description

Bhakti is one of the 6 principles of davannayoga's style . This is where we discuss bhakti and learn the power of mantra chanting. We will have one dedicated workshop and at least 2 Kirtan mantra chanting sessions weekly as well as frequent morning mantra practice.

### **Business for Yogis**

#### Description

Taking the business of yoga a notch higher for this advanced training includes: \*Refining your mission \*establishing core values \*key messaging and branding \*advertising \* online technology teachings for your yoga business.

### **Seva Community Yoga**

#### Description

Get involved in a Community Service project either in the davannayoga shala or in your local community as an act of Seva/karma yoga (yogic service without expectation of fruits received from the service)



**List of Reading (Svadhya) for this Course /Commentary  
& Final Assignment:**

**Svadhya & Commentary**

**Yoga Philosophy/LifeStyle Ethics ( this exercise is worth 45 non-contact hours of your training)**

<b>Books To Bring With You</b>	<b>Books to Read BEFORE and Write Commentary on BEFORE coming ( submit via email)</b>	<b>Books To Read AFTER and Write Commentary on AFTER your immersion ( submit via email)</b>	<b>***Final Assignment AFTER Immersion Turn in video via Dropbox please</b>
The Bhagavad Gita	Hatha Yoga Pradipika	Autobiography of a Yogi	Video of a themed class or dharma talk
*Yoga and Ayurveda by David Frawley	**The Heart of Yoga	The Bhagavad Gita	
*Yoga Nidra by Swami Satyananda Saraswati			

**\* No written commentary of these books will be required but you will go through it here and do exercises - please read through books before coming**

**\*\*If you did not attend davannayoga's Teacher Training RYT-200 please read this book and write a commentary on one idea, or one chapter.**

**\*\*\*ASSIGNMENT AFTER IMMERSION COURSE: After the immersion course you will create and demonstrate ( it may be in front of a live audience or a video of only you) a vinyasa class or a dharma talk using one of the key teachings of the books from this course ( any one) , you will video the sequence and send in for evaluation (via dropbox).**



### **Commentary/ 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)
  - Summary of one chapter or elaboration on one point