

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 Ethical Guidelines/Code Of Conduct and waiver (given at meet & greet prior to first training day)
- *Create/give a davannayoga vinyasa sequenced class to your peers for peer critique. Some of these classes will be given in teams.

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” 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
- Thai Yoga Massage basics
- 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

Module III. Anatomy and Physiology - 20 hours

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, body
- Thai Massage and it's effects on the postures

Module IV. Yoga Philosophy, Lifestyle and Ethics - 30 hours 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 – important teachers and their contributions
- Fundamentals of the Yoga Sutras & 8 Limbed Path
- Major modern schools and their approaches
- The Yoga of the Vedas and Upanishads
- The Bhagavad-Gita & its Teachings
- Patanjali's Classical Yoga
- Tantra Yoga
- The History & theory & Technology of Hatha - Yoga
- The Art of Living Your Yoga
- Yoga and Vegetarianism
- Living "Green"
- Teacher/Student Ethics
- Karma Yoga
- Kirtan Chanting

Module V. Teaching Apprenticeship - 20 hours

In-class teaching, assisting, receiving feedback, observing, and giving feedback of other teachers. Apprentice teaching under the evaluating eye of the instructor. This may be in giving a full class or parts of a class.

You will give one class that you create as a final exam. This class will be given to and evaluated by your peers.

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 Hatley 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.

· Required Reading

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

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

Yoga and Vegetarianism by Sharon Gannon

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

The Yoga Sutra of Patanjali, translation by Chip Hartranft
(Shambala Classics) **OR 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)
 - Summary of one chapter or elaboration on one point

OPTIONAL READING - THESE ARE NOT REQUIRED FOR THE COURSE

Yoga Mala – Sri Pattabhi Jois

Hatha Yoga Pradipika -- The Original Sanskrit Svastmarama English translation
by Brian Dana Akers

Light on Pranayama, BKS Iyengar

Light on Yoga, BKS Iyengar ***Gita Wisdom*** by Joshua Greene

Shambala Guide to Yoga by Dr. Georg Feuerstein

Jivamukti Yoga, Practices for Liberating Body and Soul by Sharon Gannon and
David Life

The Bhadavad Gita translation by Easwaran

The Upanishads by Easwaran

Light on Life by BKS Iyengar

Moola Bhandas: The Master Key, by Swami Buddhananda

Autobiography of a Yogi by Paramahansa Yogananda

Yoga Nidra - by Swami Satyananda Saraswati