

EXPERIENCES FROM PAST GRADUATES & STUDENTS:

“It was a beautifully designed program which has enriched my life beyond words!”
—Heidi Prewett

“Stefani has so much to give and does so with an open and loving heart.”
—Eleanor Schaefer

“Stefani’s yoga came into my life exactly at the right time when I was in need of comfort, healing, solace and strength.”
—Madonna Alvarez

“Everything you did with our group facilitated caring, respect, love for ourselves, for each other, our future students, nature, the divine, and our human community.”
—Kirsten Kunna

“I have such fond memories of my training. I miss you and all my classmates.”
—Melissa Stern

“Stefani is such a great teacher! As a very non-limber beginner, she really tailors each posture to the skill level of each student, and never tries to force anyone beyond their limits.” —Laurel Collins

“Stefani’s yoga class is like visiting the divine for several hours.” —Donna Poler

“Yoga teacher training with Stefani had an incredible impact on my life; on the one hand it softened me, on the other it made me stronger and able to accept life’s challenges.” —Martha Watson

“Stefani keeps it real. She was on our team as we led incarcerated male teenaged gang members through yoga and breathing techniques. Stefani’s humor and grace made it possible for the kids to focus on the positive, be challenged, and have a little fun.”
—Terry Calamito



**Stefani Pappas, Director
and Author, E.R.Y.T, 500**

www.DevalilaYoga.com

www.YogaPostureAdjustments.com

www.YogaAtYourWall.com

stefanipappas@hotmail.com

BLOGS:

stefyoga.wordpress.com

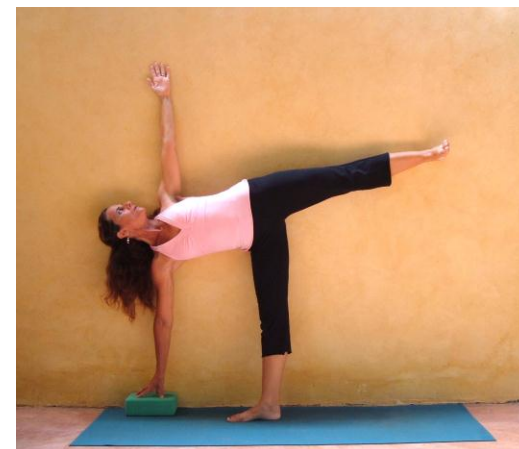
yogaatyourwall.wordpress.com

Flemington area of NJ
Call to set up an appointment with
Stefani to join the training.
908-310-9666



Devalila Yoga Teacher Training Spring 2012

The dance of learning & unlearning...



The beginning of a life time of
yoga teaching and practice!



**Yoga Alliance Registered Yoga School
(R.Y.S. 200)**

YOGA TRAINING CONTENT:

- Beginner and Advanced Postures (Asanas); study of alignment and form
- Breathing practices- Pranayama
- Spiritual Self Inquiry/Self Study – Svadyaya
- Basic Sanskrit and Study of Yogic Texts
- Meditation Practice and Technique – Dharana/Dhyana
- Cultivating the Teacher Within - Creativity and flow
- Classroom Teaching – Methods, Skills and Practice
- Vinyasa Flowing Sequences and Linking Postures
- Chakra System, Energy Anatomy, and Basic Anatomy
- Teaching Special Populations – Seniors, kids, teens, pre-natal
- Group Discussions and Experiential Processes
- Partner Yoga



- Chanting and Mantra practice
- Warm-up Movements and World Dance
- Restorative Yoga Basics
- Yoga Posture Adjustments and Assisted Stretching Techniques
- Working Privately with Clients
- Massage Techniques Feet/Neck
- Business Basics and Marketing
- Basic Ayurveda Principles and Understanding the Doshas
- Guest Teachers and SURPRISES!

WHAT IS THE COST?

\$3,395 if paid in full, OR \$3,495 in 2 to 3 payments. Paypal payments add 2.9% extra surcharges.

908-310-9666

WHAT DOES THE TRAINING INCLUDE?

- All training sessions listed below
- One private session w/ Stef
- 6 hrs. extra workshop/classes w/ Stef
- Devalila Training Manual & 2 Books

TIMES:

Saturdays: 12:00pm-6:30pm

Sundays: 12:00am-6:30pm

WEEKEND DATES:

February 11/12, 25/26

March. 10/11, 17th, and 24/25

April 14/15, 22nd, and 28/ 29

May 5th, 12th, and 19/20

June 2/3, 16th, and 23/24

July 14/15, 28/29, and 31 evening is graduation night!

Make-up dates to be determined or done privately with Stefani for hourly fee.

Total Contact Hours (based on
Yoga Alliance requirements): 180

OTHER REQUIREMENTS

- 4 additional books to purchase and 8 “home play” assignments to complete