

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



**Stephanie Ann Pappas,
Director, Author, SEP,
E.R.Y.T 500, YACEP, LMT
20 years of experience
teaching teachers!**

www.DevalilaYoga.com

www.YogaPostureAdjustments.com

www.YogaAtYourWall.com

stefanipappas@hotmail.com

BLOGS:

stefyoga.wordpress.com

Call to set up an appointment to meet each other.

908-310-9666

Devalila Yoga Teacher Training 2019-20

The dance of learning & unlearning in Frenchtown, NJ



Holding true to the roots of yoga as a practice of self-awareness, balance, and love. Experience and share it!



Yoga Alliance Registered 200 Hour

YOGA TRAINING CONTENT:

- Beginner and Advanced Postures (Asanas); study of alignment and form
- Breathing practices (Pranayama)
- Spiritual Self Inquiry/Self Awareness Practices
- Basic Sanskrit and Study of Yogic Texts
- Meditation Practice and Techniques
- Teaching Methodology – Creativity, Skills, & Technique
- Trauma Wise Yoga Foundations
- Vinyasa Flowing Sequences and Creative/Informed Sequencing
- 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/Yin Yoga Basics
- Yoga Posture Adjustments and Assisted Stretching Techniques
- Working Privately with Clients
- Massage Techniques Feet/Neck
- Business Basics, Legal, and Marketing
- Basic Ayurveda Principles and Understanding the Doshas
- Guest Teachers and SURPRISES!

WHAT IS THE COST?

\$3,395 (some payment plans available)
Paypal payments add 2.9% extra surcharges
(\$3,195 early bird before March 1, 2019)

908-310-9666

WHAT DOES THE TRAINING INCLUDE?

- All training sessions listed below which which meet Yoga Alliance requirements
- One two hour private sessions with Stephanie
- Devalila Training Manual & 3 Books authored by Stephanie Ann Pappas

TIMES:

Saturdays
OR Sundays:
10:00am-6:00pm with break

DATES:

March 24, 2019
April 13 & 27, 2019
May 11 & 19, 2019
June 2 & 15, 2019
July 7, & 21, 2019
August 4 & 24, 2019
September 14 & 28, 2019
October 6 & 20, 2019
November 3 & 17, 2019
December 1 & 15, 2019
January 5 & 19, 2020
February 2 & 16, 2020
To Be Determined make up day

Fulfills the required 180 contact hours
Yoga Alliance, "home play" &
home practice are assigned.
1 make-up day included at no cost.
Other missed hours must be made up
via teacher workshops w/ Stephanie, or
privately, semi private for \$200 flat fee

OTHER REQUIREMENTS

- 3 additional books to purchase and 8 "home play" assignments to complete