

## 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  
17 years of experience  
teaching teachers!**

[www.DevalilaYoga.com](http://www.DevalilaYoga.com)

[www.YogaPostureAdjustments.com](http://www.YogaPostureAdjustments.com)

[www.YogaAtYourWall.com](http://www.YogaAtYourWall.com)

[stefanipappas@hotmail.com](mailto:stefanipappas@hotmail.com)

**BLOGS:**

[stefyoga.wordpress.com](http://stefyoga.wordpress.com)

[sustainablyogis.wordpress.com](http://sustainablyogis.wordpress.com)

**Held in Hopewell, NJ,  
at a private 50 acre residence**  
Call to set up an appointment to  
meet each other.

**908-310-9666**



## Devalila Yoga Teacher Training Spring 2015-16

The dance of learning &  
unlearning in Hopewell, 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:

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- 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, Legal, and Marketing
- Basic Ayurveda Principles and Understanding the Doshas
- Guest Teachers and SURPRISES!

## WHAT IS THE COST?

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\$3,295 if paid in full, OR \$3,395 in 2 to 3 payments. Paypal payments add 2.9% extra surcharges plus. Some partial \$500 scholarships available.

# 908-310-9666

## WHAT DOES THE TRAINING INCLUDE?

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- All training sessions listed below which meet Yoga Alliance requirements
- 1 two hour private sessions with Stephanie
- Devalila Training Manual & 2 Books authored by Stephanie Ann Pappas

### TIMES:

Sundays: 12:00pm-6:30pm with break

### DATES:

September 13 & 27, 2015  
October 11 & 25, 2015  
November 8 & 22, 2015  
December 6 & 20, 2015  
January 10, 24, 31, 2016  
February 7, 21, & 28, 2016  
March 6, 13, & 20, 2016  
April 10, 17, & 24, 2016  
May 15 & 22, 2016  
June 12 & 26, 2016  
July 10, & 24, 2016  
August 7 & 21, 2016

Fulfills the required 180 contact hours Yoga Alliance with director/teachers.

Extra "home play" & home practice are given too.

1 make-up day included at no cost. Other missed hours must be made up via teacher workshops w/ Stephanie, or privately for flat fee of \$165 per make up.

## OTHER REQUIREMENTS

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