

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
25 years of experience
teaching teachers!**

www.DevalilaYoga.com

www.PTSDNJ.com

www.TraumaWiseYoga.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 2023-2024

A Journey 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 & Methodology
- Vinyasa Flowing Sequences and Creative/Informed Sequencing
- Chakra System, Energy Anatomy
- Basic Anatomy and Nervous System Function
- Teaching Special Populations – Seniors, kids, teens, pre-natal
- Group Discussions and Experiential Processes



- Chanting and Mantra practice
- Warm-up Movements, Somatic Moves
- Restorative Yoga/Yin Yoga Basics
- Yoga Posture Adjustments and Assisted Stretching Techniques
- Partner Yoga & Private Sessions
- Massage Techniques Feet/Neck
- Business Basics, Ethics & Marketing
- Basic Ayurveda Principles and Understanding the Doshas
- Guest Teachers and SURPRISES!

WHAT IS THE COST?

\$3,495 price includes manual, & 3 books.
(some payment plans available) \$150 off full payment before 9/24/23
PayPal payments add 3% surcharge

908-310-9666

WHAT DOES THE TRAINING INCLUDE?

- All training sessions listed below which meet Yoga Alliance requirements
- One 2 hour private session with Stephanie
- Devalila Training Manual & 3 Books authored by Stephanie Ann Pappas
- Access to Yoga Posture Adjustments videos by Stephanie Pappas

TIMES:

Bi-weekly Class 6 hours per Month;
TBD by the group online or in person
Sundays:
9:30am-5:30pm with breaks

DATES:

Tentative:
1- 9/24/23 Kick Off!
2- 10/8/23
3- 10/22/23
4- 11/5/23
5- 11/19/23
6- 12/3/23
7- 12/17/23
8- 1/14/24
9- 1/28/24
10- 2/11/24
11- 2/25/24
12- 3/10/24
13- 3/24/24
14- 4/7/24
15- 4/21/24
16- 5/5/24
17- 5/19/24
18- 6/2/24
19- 6/16/24
20- 6/23/24

Fulfills the required hours
Yoga Alliance registration
1 make-up day (TBD) included at no cost.

Other missed days must be made up
w/ Stephanie privately for \$175 flat fee

4 additional books to purchase from
supplier of your choice.