

## 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  
22 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)

Call to set up an appointment to meet each other.

**908-310-9666**

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# Devalila Yoga Teacher Training 2020-21

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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:

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

## WHAT IS THE COST?

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\$3,395 (some payment plans available)  
Paypal payments add 2.9% extra surcharges

# 908-310-9666

## WHAT DOES THE TRAINING INCLUDE?

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

### TIMES:

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

### DATES:

April 11 & 26, 2020  
May 2, 9, & 24, 2020  
June 7 & 28, 2020  
July 12 & 26, 2020  
August 9 & 23, 2020  
September 13 & 27, 2020  
October 11 & 25, 2020  
November 1 & 22, 2020  
December 6 & 20, 2020  
January 10 & 24, 2021  
February 7 & 21, 2021  
March 7 & 21, 2021  
April 11 & 25, 2021  
May 2, 2021 Graduation

Fulfills the required contact hours  
Yoga Alliance, and six "home play" &  
home practice assignments.

1 make-up day (TBD) included at no cost.  
Other missed hours must be made up  
w/ Stephanie, or privately for \$150 flat fee

3 additional books to purchase from  
supplier of your choice.