

life practice



200-Hour & 500-Hour Yoga Teacher Training with Sondra Loring and Special Guest Teachers

The yoga teacher training with Sondra Loring and special guest teachers is an extensive program and will consist of the deep study of asana, chanting, meditation and philosophy. As the main teacher, Sondra created this training to really be the yogic path, not just point to the path. Included in the training are an array of wonderful master teachers and guest speakers. We will explore the yogic scriptures (the Gita, Sutras), Anatomy, Karma, Mantra, Sanskrit, and other topics related to the vast and amazing life of yoga.

This training is unique: 8 weekends of immersion into the culture of yoga (500-hour training adds additional time). It combines a down-to-earth approach to the physical practice with an esoteric expansion of the spiritual quest. You will study with deeply passionate, lively, professional yoga teachers: Sondra Loring and her special guests. They are committed to the yogic path and offer this program for you, the serious student.

We are offering a unique model by bringing students together that are working on their 200 or 500 hour training, and have been impressed by the success of this approach. There will times when the groups work together and times when they work separately and richness shared benefits both.

Curriculum

techniques

- sun salutations, variations and their effects
- how to instruct yoga asanas
- practice & study of advanced asanas, including alignment, use of props
- yoga vocabulary
- how to lead a class and find your own voice as a teacher
- study and practice of karma, jnana and bhakti yoga
- the art of kirtan
- yoga therapy
- svadyaya: genuine Vedic philosophy, Gita, Yoga Sutras & classical yoga texts
- meditation: silent & mantra japa yoga
- hands-on adjustments
- pranayama: training
- the art of sequencing
- chakras & bandhas

teaching methodology

- demonstrations
- observations
- hands-on assists
- creating sequences
- how to teach safely
- language and use of voice
- addressing issues & obstacles
- business of yoga

practicum

- required number of yoga classes (2 classes/week minimum during training)
- studying with Sondra and/or Guest Teachers
- deepening your personal practice
- practicing meditation
- student teaching
- observing & assisting in classes
- mid-term & final written exams
- reading books from mandatory list & book reports
- open book anatomy quizzes
- graduation ceremony upon completion of the course, TBD

anatomy and physiology

- western anatomy (body systems, organs, etc)
- eastern anatomy (chakras, nadis), bandhas

philosophy

- history of yoga
- study of Yoga Sutras
- Bhagavad Gita
- Ramayana
- schools of yoga
- ethics for yoga teachers

SADHANA
CENTER FOR YOGA & MEDITATION

403 Warren Street, Hudson, NY (518) 828-1034
SadhanaYogaHudson.com



Sadhana Yoga Teacher Training Application

Please print, fill out and mail to: Sondra Loring, Sadhana Center for Yoga & Meditation, 403 Warren St., Hudson, NY 12534

Name: _____ Email: _____

Street: _____

City: _____ State: _____ Zip: _____

Daytime Phone: _____ Cell: _____

Emergency Contact: _____ Phone: _____

How long have you been practicing yoga?

Do you have any health-related issues or injuries?

Who do you take classes with and how often?

What postures challenge you the most?

Is there a teacher or teaching style that you prefer?

What are your goals are for the training?

Are you currently teaching? If so, what? How often?

How did you hear about the program?

500-Hour Applicants: Where and when did you receive your 200-hour certification?

Payment Info No refunds after October 1st. Non-refundable \$500 deposit required to hold your place.

Please Check One: 200-Hour 500-Hour (Previous 200-Hour Certification required)

Payment Amount: \$

Preferred Payment Method (please check one):

Check (make check payable to "Sadhana Center for Yoga")

Credit Card: Visa Mastercard

Name on Card: _____ Card #: _____

Expiration Date: _____ Security Code: _____

BILLING ADDRESS

Street: _____

City: _____ State: _____ Zip: _____

2017-2018 Training Dates

September 15-17 January 19-21

October 20-22 February 16-18

November 17-19 March 16-18

December 8-10 April 20-22

Training will take place at
Sadhana Center for Yoga & Meditation
403 Warren St., Hudson, NY 12534

Investment, Training & Certification

200-Hour: \$3,300

500-Hour: \$2,800

Early Bird Special

Send \$500 deposit by August 1st
and save \$100!

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