

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 300-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: _____

2019 – 2020 Training Dates

September 20 – 22	January Jan 24 – 26*
October 18 – 20	(*300 hour only)
November 15 – 17	February 21 – 23
December 13 – 15	March 20 – 22
January 17 – 19	April 17 – 19

We meet one weekend a month from September through April. 500-hour trainees meet an additional weekend in January.

Friday: 6:00 – 9:00pm; Saturday: 8:30am – 4pm;
Sunday: 8:30am – 3:30pm

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

Investment, Training & Certification

200-Hour: \$3,300

500-Hour: \$3,000

Includes 50% off classes during program;
cost of books not included.

Early Bird Special

**\$100 off 200-hour training or
\$50 off 500-hour training
with \$500 deposit by August 21**

