

# The Untraining/Retraining Teacher Training Application

Please print, fill out and mail to: Sondra Loring 311 Orchard Road Hudson 12534

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

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 for the training?

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

How did you hear about the program?

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**Payment Info** \$500 deposit due by Sept 1st for full training. No refunds after Oct 10th, 2020.

Please Check One:  Entire 125-Hour Program  10-Hour Weekday Immersion (how many? \_\_\_)

15-Hour Weekend Immersion (how many? \_\_\_) Payment Amount: \$

Preferred Payment Method (please check one):

Check (make check payable to "Sondra Loring")

Credit Card:  Visa  Mastercard

Name on Card: \_\_\_\_\_ Card #: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

## BILLING ADDRESS

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

## 2020 – 2021 Schedule

All training will be done via Zoom.

**Weekends:** Fri 6-9pm, Sat & Sun 8:30am-2:30pm

**Weekdays:** First and second Mon & Wed of each month, 10am-12:30pm

**All Times:** Eastern Time Zone

**Sept 18-20:** Social Justice, Inclusivity and Cultural Appropriation

**Oct 5, 7, 12, 14:** History and Philosophy

**Oct 16-18:** Asana and Cueing

**Nov 2, 4, 9, 11:** Mythology, Mudra and Mantra

**Nov 20-22:** Anatomy, Bio-neuroscience, Science and Biomechanics

**Dec 7, 9, 14, 16:** Asana and Props

**Dec 18-20:** Meditation, Pranayama and Yoga Nidra

**Jan 4, 6, 11, 12:** Asana and Sequencing

**Jan 15-17:** Yin and Restorative

**Feb 1, 3, 8, 10:** Business, Zoom Teaching, Privates and Workshops

## Investment

**Entire 125 Hour Training: \$2500**

(\$600 off drop-in price)

**Each 10 Hour Weekday Immersion: \$250**

**Each 15 Hour Weekend Immersion: \$375**

Payment plans available: please email Sondra or Kelly to arrange a plan:

sadhanacenterforyoga@gmail.com

kellykammyoga@gmail.com