

# the untraining/retraining teacher training application

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

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

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

Phone: \_\_\_\_\_ Emergency Contact / Phone: \_\_\_\_\_

How long have you been practicing yoga? \_\_\_\_\_ What postures challenge you the most? \_\_\_\_\_

Who do you take classes with and how often? \_\_\_\_\_ What are your goals are for the training? \_\_\_\_\_

Is there a teacher or teaching style that you prefer? \_\_\_\_\_ How did you hear about the program? \_\_\_\_\_

Are you currently teaching? If so, what? How often? \_\_\_\_\_ Do you have any yoga or meditation teaching certifications? \_\_\_\_\_

Do you have any health-related issues or injuries? \_\_\_\_\_

**ONLINE PAYMENT AVAILABLE:** [sadhanayogahudson.com/portfolio-items/teacher-training/](https://sadhanayogahudson.com/portfolio-items/teacher-training/)

**PAYMENT INFO** No refunds after October 1, 2021; \$500 deposit to hold your spot required by August 15, 2021.

Please Check One:  Full Training  Weekend Immersion How many? \_\_\_\_\_ Date(s) \_\_\_\_\_

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

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

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

## 2021–2022 Schedule

All training held in-person and on Zoom.

**Weekends: Friday 6–9pm, Saturday & Sunday 9am–3:30pm**  
(with a 30-minute break at noon)

### Weekend One: Deep Dive In

Safety and Agreements, Who's in the Room?, Yoga History, Eastern & Western Anatomy, Strength & Mobility, Movement Explorations, Up-to-Date Cueing, Finding Your Voice  
*September 10th – 12th*

### Weekend Two: From the Body Up

Social Justice, Philosophy, Cultural Appropriation, Inclusivity, Resources, Actions  
*October 8th – 10th*

### Weekend Three: Support for the Journey

Meditation, Pranayama, Yoga Sutras, Yoga for Anxiety and Depression, Gates of Grief, Trauma-Informed-Resiliency-Oriented Yoga, Biophilia Hypothesis & Earth Care  
*November 19th – 21st*

### Weekend Four: Stop Grinding and Rest

Yin, Restorative, Meridian Theory & Traditional Chinese Medicine, Yoga Nidra  
*December 10th – 12th*

### Weekend Five: Esoterica

Mythology, Mudra, Chakras, and Mantra  
*January 14th – 16th*

### Weekend Six: Tools of the Trade

Asana and Sequencing, Props  
*February 11th – 13th*

### Weekend Seven: Geek Yoga

More Anatomy, Bio-neuroscience, Pain Science, Biomechanics  
*March 11th – 13th*

### Weekend Eight: Business

Zoom Teaching, Privates and Workshops  
*April 8th – 10th*

## investment

**Full Training: \$2600** (payment plans available)

**Weekend Immersion (each): \$350**

Please contact one of us for any questions and/or to arrange a payment plan:

Sondra: [sadhanacenterforyoga@gmail.com](mailto:sadhanacenterforyoga@gmail.com)

Kelly: [kellykammyoga@gmail.com](mailto:kellykammyoga@gmail.com)