

the untraining/retraining teacher training application

Completed applications can be scanned and emailed to sadhanacenterforyoga@gmail.com or, printed and mailed to Sadhana Center for Yoga & Meditation, 403 Warren St, 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? _____

PAYMENT INFO No refunds after October 1, 2022; **\$500 deposit to hold your spot required by August 15, 2022.**

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

Payment Amount: \$

Preferred Payment Method (please check one):

Check (make check payable to "Sadhana Center") Credit Card: Visa Mastercard

Name on Card: _____ Card #: _____

Expiration Date: _____ Security Code: _____

BILLING ADDRESS

Name: _____ Street: _____

City: _____ State: _____ Zip: _____

2022– 2023 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), in person and on Zoom.

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 9th - 11th

Weekend Two: From the Body Up

Social Justice, Philosophy, Cultural Appropriation, Inclusivity, Resources, Actions
October 21st - 23rd

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 18th - 20th

Weekend Four: Stop Grinding and Rest

Yin, Restorative, Meridian Theory & Traditional Chinese Medicine, Yoga Nidra
December 9th - 11th

Weekend Five: Esoterica

Mythology, Mudra, Chakras, and Mantra
January 13th - 15th

Weekend Six: Tools of the Trade

Asana and Sequencing, Props
February 10th - 12th

Weekend Seven: Geek Yoga

More Anatomy, Bio-neuroscience, Pain Science, Biomechanics
March 10th - 12th

Weekend Eight: Business

Zoom Teaching, Privates and Workshops
April 21st - 23rd

investment

Full Training: \$2600. \$500 deposit due by August 15
(payment plans available)

Weekend Immersion (each): \$350 Sign up for one drop-in weekend and choose a second one at half-price!

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

Sondra: sadhanacenterforyoga@gmail.com

Kelly: kellykammyoga@gmail.com