### BEGIN YOUR JOURNEY!

200-Hour Vinyasa Yoga Teacher Training Weekend Immersion Format Yoga Alliance Certified → Go Deep Over Time. Stay Grounded While You Grow. This Weekend Immersion training is ideal for those who want to integrate yoga study into their life gradually, without stepping away from work, school, or family. Our Yoga Alliance—approved certification is spread across seven immersive weekends, blending in-person instruction with meaningful self-study.

# INVESTMENT

\$2800 Program Tuition \$500 Deposit Payment Plans Available at 0% interest 25 Yoga Classes at In Bloom included \$300 Discount if registered by August 1st

PLEASE NOTE THAT IF WE ACCEPT YOU, ALL PAYMENTS ARE NON-

REFUNDABLE.

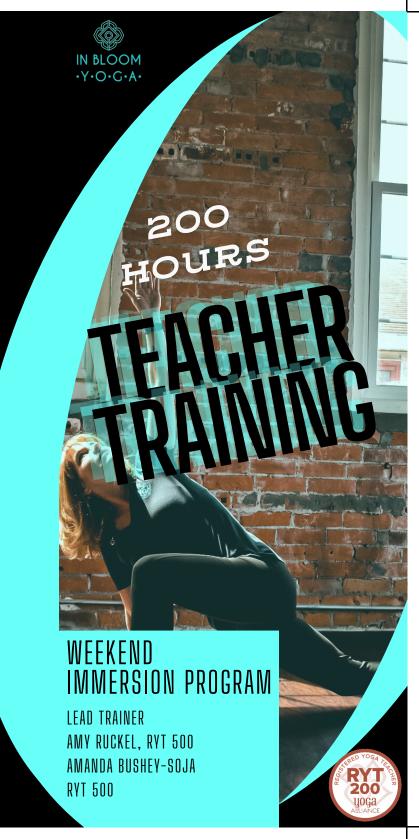
TO PAY IN ADVANCE FOR THE TRAINING, CHECK SHOULD BE FOR \$2800.

FORE MORE INFORMATION CALL OR
EMAIL US AT info@inbloomyogastudio.com
Download your appllication
@https://www.inbloomyogastudio.com/ytt-programs

✓ Prerequisites \* A consistent yoga practice for at least 6 months is recommended \* No prior teaching experience required



34 Genesee St \* New Hartford, NY 13413



## **PROGRAM INCLUDES:**

#### 25 CLASS PASSES

As part of your tuition, you will receive 25 hours of mat classes at In Bloom Yoga because the most important of training is practice.

## 100+ HOURS OF IN PERSON INSTRUCTION

During training you will be under the mentorship and guidance of a supportive team

### E-LEARNING

A selection of online and video learning of over 30+ hours to get a deep dive in history of yoga.

# READING, MEDITATION, & REFLECTION

#### DATES:

SEPT 6, 2025
9AM - 3PM
FULL WEEKENDS
8AM - 4:30PM
0CT 4 & 5, 2025
NOV 1 & 2, 2025
DEC 6 & 7, 2025
JAN 3 & 4, 2026
FEB 7 & 8, 2026
(ADJUSTED SINCE FEB 1 IS A SUNDAY)
MAR 7 & 8, 2026
APR 11 & 12, 2026

\*SUBJECTIVE TO CHANGE

## What our students say...

I loved the curriculum, environment, instructors, and classmates at In Bloom Yoga's RYT-200 teacher training. Mandy, the lead instructor, and Martha, the owner, are fun, down to earth, knowledgeable, and kind. It was one of the best experiences I have had and I was sad when it was over! - Dr. Krysia Koenicki

Very organized and professional training with thoughtful material and guest presenters. I felt lucky to have picked In Bloom for my YTT. - Peter Trifoli

Intensive summer training was a perfect opportunity for me to grow my practice of yoga by becoming an instructor. The teachers and owners at In Bloom were knowledgeable and supportive of every individual. - Rachel Anken

## **CONTACT US NOW!**



315-790-5481



info@inbloomyogastudio.com



www.inbloomyogastudio.com



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# 200 HR YOGA TEACHER TRAINING

**Weekend Immersion** 

STARTING SEPT 6, 2025