

PRESENTS · 200-HOUR CERTIFICATION

Weekend Immersion

YOGA TEACHER TRAINING

Transform your practice. Transform your life. One weekend
a month, eight months, a hundred hours together on
the mat.

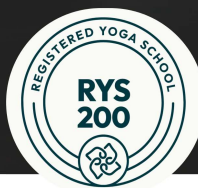
ORIENTATION

Saturday, Sept 12, 2026 · 10 a.m. – 3 p.m.

TRAINING WEEKENDS

Oct 2026 – April 2027

IN BLOOM YOGA STUDIO
34 GENESEE ST
NEW HARTFORD, NY





PROGRAM OVERVIEW

An immersive weekend journey.

Immerse yourself in a focused journey designed to deepen your personal practice and prepare you to confidently guide others through the transformative art of Vinyasa yoga.

This 200-hour certification pairs traditional yogic wisdom with modern teaching methodology in a once-a-month weekend format — built for dedicated practitioners ready for the next step.

DATES

**Sept 2026 -
April 2027**

Orientation Sept 12 ·
graduation April 2027

SCHEDULE

**1 weekend /
month**

October 17 & 18 ·
first full weekend

FORMAT

Hybrid

100 hours in person ·
100 hours self-study

LOCATION

**New Hartford,
NY**

In Bloom Yoga Studio

THE CALENDAR

MONTH	DATES	HOURS
SEPT	Saturday 12 · orientation weekend	10 a.m. – 3 p.m.
OCT	Saturday 17 & Sunday 18 · first full weekend	8 a.m. – 4:30 p.m.
NOV	Saturday 14 & Sunday 15	8 a.m. – 4:30 p.m.
DEC	Saturday 12 & Sunday 13	8 a.m. – 4:30 p.m.
JAN	Saturday 9 & Sunday 10	8 a.m. – 4:30 p.m.
FEB	Saturday 13 & Sunday 14	8 a.m. – 4:30 p.m.
MAR	Saturday 13 & Sunday 14	8 a.m. – 4:30 p.m.
APR	Saturday 10 & Sunday 11 · graduation	8 a.m. – 4:30 p.m.

Full attendance is required for certification. Dates fall on the second weekend of each month and are subject to change; any adjustment is shared well in advance.



CURRICULUM

What you'll study.

Asana practice & alignment

Fundamental poses, sequencing, hands-on adjustments, and building strength and flexibility.

Pranayama & meditation

Breath practices and how to weave them meaningfully into a class.

Anatomy & physiology

Body systems, injury prevention, and safe modifications for every body.

Teaching methodology

Class structure, cueing, inclusivity, and meeting the needs of every student in the room.

Philosophy & history

Ancient texts, ethics, and sustainable practice in a modern studio.

Between weekends

A 25 mat-class passes, 30+ hours of e-learning, reading, and reflection practices.

WHAT YOU'LL GAIN

- Yoga Alliance RYS-200 certification
- 100+ hours of in-person instruction & mentorship
- 25 mat classes at In Bloom, included in tuition
- Confidence to teach new and continuing students
- A grounded foundation in yoga philosophy
- Skills to hold safe, inclusive space
- A deepened, rooted personal practice

PREREQUISITES

A minimum of six to twelve months of regular yoga practice is required.

Class size is kept small so every trainee is seen. Ten mats per cohort.

WHAT OUR STUDENTS SAY

"I loved the curriculum, the environment, the teachers, and my classmates. It was one of the best experiences I've had — 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

Who you'll learn with.



Amy Ruckel

E-RYT 500 · LEAD TRAINER

An Ashtanga Vinyasa teacher of eight-plus years, trained under Eddie Stern with Yin certification from Annie Au. Her classes pair breath with intentional movement — challenging and nurturing at once.



Jeri George

E RYT 500 · LEAD TRAINER

Certified in 2012, with 300-hour training through In Bloom & Driftwood Yoga School. A lifelong wellness educator guiding growth, healing, and balance on and off the mat.

TUITION INVESTMENT

\$2,800

Early bird · save \$300

Full tuition **\$2,800**

Register by **August 25, 2026**

Deposit to hold your mat **\$500**

Payment plans **Available**

Deposit is non-refundable and applied to tuition. Payment plans are available — ask us.

NEXT STEP

Complete the application on the following page and return it to the studio.

TALK WITH US

315-790-5481
info@inbloomyogastudio.com
inbloomyogastudio.com

FIND US

In Bloom Yoga Studio
34 Genesee St, New Hartford, NY
13413

APPLICATION

200-hour weekend immersion

PERSONAL INFORMATION

FULL NAME

DATE OF BIRTH

PRONOUNS

STREET ADDRESS

CITY / STATE / ZIP

PHONE NUMBER

EMAIL ADDRESS

EMERGENCY CONTACT NAME

EMERGENCY CONTACT PHONE

YOUR PRACTICE

Years practicing yoga?

Styles practiced?

How often do you practice?

Prior teacher training?

What draws you to this training, and do you plan to teach?

HEALTH & MEDICAL

Any injuries or physical limitations we should know about?

Anything else you'd like to share?

AGREEMENTS

- This is a Yoga Alliance–approved program; full attendance is required for certification.
- I agree to the school's refund, attendance, and conduct policies.
- All information provided is true to the best of my knowledge.

APPLICANT SIGNATURE

DATE