



NEW HARTFORD, NY

"Yoga is the journey of the self, through the self, to the self."

— THE BHAGAVAD GITA

LEAD TRAINERS

Joanne Zilkowski

E-RYT 500 · LEAD TEACHER

Wendy Urtz-Chapman

E-RYT 500 · LEAD TEACHER

Register by July 1

Save \$300 · \$500 deposit secures your spot

APPLICATION

200-Hour YTT Summer Intensive

July 20 – 31, 2026 · Mon – Fri · 7am – 5pm

PERSONAL INFORMATION

FULL NAME

DATE OF BIRTH

GENDER

STREET ADDRESS

CITY / STATE / ZIP

PHONE NUMBER

EMAIL ADDRESS

EMERGENCY CONTACT NAME

EMERGENCY CONTACT PHONE

YOGA BACKGROUND

Years practicing yoga?

Styles practiced?

Frequency of practice?

Prior teacher training?

Do you plan to teach?



PRESENTS



200-HOUR CERTIFICATION

YOGA TEACHER TRAINING

Summer Intensive

Transform your practice. Transform your life.

July 20 – 31

2026 · MON – FRI · 7AM – 5PM

PROGRAM OVERVIEW

An immersive two-week 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 combines traditional yogic wisdom with modern teaching methodologies in an accelerated format — built for dedicated practitioners ready for the next step.

DATES

July 20 – 31, 2026

Mon – Fri, two weeks

SCHEDULE

7am – 5pm

Daily, in-person

FORMAT

Hybrid

100 in-person + 100 self-study

LOCATION

New Hartford, NY

In Bloom Yoga Studio



CURRICULUM

What you'll study.

Asana Practice & Alignment

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

Teaching Methodology

Class structure, cueing techniques, inclusivity, and meeting diverse student needs.

Pranayama & Meditation

Breath control techniques and how to integrate them meaningfully into a class.

Yoga Philosophy & History

Ancient texts, ethical considerations, and sustainable practices in modern yoga.

Anatomy & Physiology

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

Program Benefits

25-Class Pass, structured e-learning modules, homework, and reflection practices.

WHAT YOU'LL GAIN

- ✓ Yoga Alliance RYS-200 certification
- ✓ Confidence to teach beginner to intermediate classes
- ✓ A solid foundation in yoga philosophy
- ✓ Skills to create safe, inclusive environments
- ✓ Tools for ongoing education & community
- ✓ A deepened, rooted personal practice

PREREQUISITES

A regular yoga practice is recommended. No prior teaching experience required.

TUITION INVESTMENT

\$2,500

Early Bird · Save \$300

Full tuition \$2,800 · Register by July 1, 2026
\$500 non-refundable deposit secures your spot

HEALTH & MEDICAL

Any physical injuries or limitations?

Anything else we should know?

AGREEMENTS

Yoga Alliance-approved program; full attendance required.

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

IN BLOOM YOGA STUDIO

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