



200 hour

YOGA TEACHER TRAINING INFORMATION GUIDE

The seeds of transformation have already been planted simply by your commitment to be here. Now, let's watch you bloom.

2025-2026

www.inbloomyogastudio.com



WELCOME TO YOGA TEACHER TRAINING

Dear Future Yoga Teachers,

Welcome to In Bloom Yoga's 200 Hour Vinyasa Yoga Teacher Training program! We are absolutely thrilled that you have chosen to embark on this transformative journey with us. Whether you're here to deepen your personal practice, share the gift of yoga with others, or both, you are about to begin an experience that will unfold in ways you never imagined.

What Lies Ahead

Over the coming months, you will dive deep into the rich traditions of yoga while learning to teach with confidence, authenticity, and heart.

Personal Transformation This training is as much about your inner journey as it is about learning to guide others. You'll discover new depths in your own practice, challenge limiting beliefs, and connect with a community of like-minded souls who will become your yoga family.

Our Commitment to You

At In Bloom Yoga, we believe every student brings their own unique gifts to our community. Our experienced faculty is dedicated to supporting you exactly where you are while helping you grow into the teacher you're meant to become. We will hold space for your questions, celebrate your breakthroughs, and remind you that growth happens in both comfort and challenge.

What We Ask of You

Come with an open heart and curious mind. Show up consistently, not just to class but to yourself. Be patient with the process – some days will feel expansive and inspiring, others might feel overwhelming or emotional. Both are perfect and necessary parts of this journey.

Remember that you are not here to become someone else's version of a yoga teacher. You are here to discover and cultivate your own authentic expression of this ancient practice.

Welcome to the In Bloom Family

Take a moment to honor yourself for taking this bold step. Choosing to become a yoga teacher is an act of courage and service. We are honored to witness your unfolding and excited to see how you will share your unique gifts with the world.

With gratitude and excitement,
The In Bloom Yoga Teacher Training Faculty

Training *Dates*

PROGRAM DATES & SCHEDULE ORIENTATION WEEKEND

 **September 6, 2025**  9:00 AM – 3:00 PM

IMMERSION WEEKENDS

 **Saturdays & Sundays | 8:00 AM – 4:30 PM**

October 4 & 5, 2025

November 1 & 2, 2025

December 6 & 7, 2025

January 3 & 4, 2026

February 7 & 8, 2026 (adjusted from Feb 1)

March 7 & 8, 2026

April 11 & 12, 2026

(adjusted from April 5 due to holiday)

*Schedule subject to change

Program Includes

- ✓ 25 MAT CLASSES
- ✓ 100+ HOURS IN STUDIO INSTRUCTION
- ✓ HANDS-ON TEACHING EXPERIENCE
- ✓ 30 HOURS OF HOMEWORK, READING & SELF-REFLECTION
- ✓ ALL PROPS, AND MANUALS PROVIDED

- Please note that whenever possible, materials will be provided in electronic format. If a student prefers a hard copy, it will be their responsibility to print it.

Graduation Requirements

- COMPLETION OF ALL HOMEWORK & ASSIGNMENTS.
- TEACHING A 60- TO 75-MINUTE VINYASA YOGA CLASS.
- COMPLETION OF THE REQUIRED READING LIST.
- ACHIEVING 100% ATTENDANCE (OR COMPLETING APPROVED MAKE-UP SESSIONS, WHICH WILL BE CONSIDERED ON A CASE-BY-CASE BASIS).
- FULL PAYMENT OF TUITION.

AMANDA BUSHEY (MANDY)

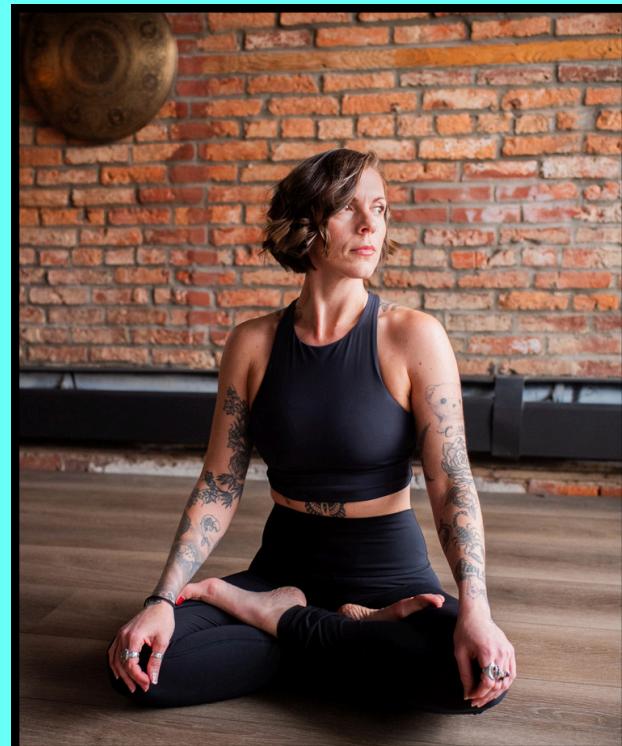
E-RYT 500 | Lead Trainer

Amanda, affectionately known as Mandy, is a licensed social worker whose journey with yoga began during her college years. As she practiced within the mental health realm and faced her own struggles with anxiety, yoga emerged as a vital tool for alleviating stress.

Certifications:

500-hour RYT certification

Ayurveda certification from Arhanta Yoga School (India), Yin Yoga certified, Asana for Autism certified



AMY RUCKEL

E-RYT 500 | Lead Trainer

Amy has been practicing yoga for over 9 years and teaching for 8 years. She is 500 E-RYT Certified since 2018. She has studied Ashtanga Yoga under Eddie Stern and received Yin Yoga certification from Annie Au. Amy started practicing yoga during early sobriety and credits it with keeping her clean.

Teaching Focus:

Ashtanga Vinyasa based practice

Emphasis on breath and intentional movement

Challenging yet nurturing classes

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Studio

Governing Body

Lead Trainers

Studio Owner

315 790 5481 | info@inbloomyogastudio.com

Yoga Alliance

1-888-921-9642 | info@yogaalliance.org

Mandy Bushey-Soja

📞 315-520-3400 | mandy@inbloomyogastudio.com

Amy Ruckel

📞 315-731-0499 | aeruckel@gmail.com

Martha Kodsy

📞 315-725-0967 | mkodsy@inbloomyogastudio.com

Learning Objectives

- 🎯 Advance your study of asana (proper alignment, benefits, contraindications)
 - 🧠 Understand anatomy and body mechanics
 - 🔄 Master the art of sequencing
 - ⚡ Interpret energy movement through the body
 - 🧘 Use props to improve or modify postures
 - 🗣 Cultivate your voice as teacher and individual
 - 💪 Build confidence through practice teaching
- 📚 Gain understanding of yoga history and philosophy
- ॐ Learn Sanskrit names of postures

READING LIST

Required Reading

- 📖 The Bhagavad Gita (any version) 📖 The Yoga Sutras of Patanjali 📖 Yoga Sequencing Book by Mark Stephens 📖 Anatomy for Vinyasa Flow and Standing Poses by Ray Long 📖 How Yoga Works by Michael Roach 📖 Yoga and Body Image by Melanie Klein and Anna Guest-Jelley 📖 Gift of Imperfection by Brené Brown 📖 Yamas & Niyamas by Deborah Adele, Fail, Fail Again Fail Better by Pema Chodron, One Simple Thing, A new look at the Science of Yoga & How it Can Transform Your Life- Eddie Stern

Suggested Reading:

- 📚 The Untethered Soul by Michael Singer 📖 Anatomy of the Spirit by Carolyn Myss 📖 Light on Yoga by B.K.S. Iyengar 📖 Living the Sutras by Kelly DiNardo 📖 Teaching Yoga by Mark Stephens

Books may be purchased anywhere. Multiple copies available at In Bloom for borrowing.

SUPPLIES NEEDED WHAT TO BRING:

- 🧘 Yoga Mat 🥥 Healthy snacks

All other props, manuals and materials provided each weekend

Yoga Teacher Training Investment

Tuition Investment: Tuition: \$2,800

Early Bird Special

Save \$500! Register by August 20th with a \$500 non-refundable deposit and enjoy the discounted rate of \$2,500

No-Interest Monthly Plans - See agreement

Full Payment Required Before Graduation:
tuition must be fully paid to receive your certification.



Attendance Policy

Attendance is essential to ensure full participation and mastery of the curriculum. The following guidelines apply to the weekend sessions:

Weekend Sessions: Attendance is mandatory for all in-person weekend sessions. If you are unable to attend a session, you must arrange to make it up through an approved method within 2 weeks, subject to availability.

Virtual Sessions: You must attend at least 75% of virtual sessions. If you miss any virtual classes, you are responsible for catching up on the material through recorded sessions, assignments, or alternative arrangements with the instructor. Any in-person make up sessions a private lesson fee will charged paid directly to the instructor.

Excessive Absences: Missing more than 25% of the program (in-person or virtual) may result in a review of your progress and potential delay in certification.

We encourage all participants to prioritize attendance to ensure a successful and enriching training experience.

Cancellation Policy

If a trainee decides to drop out of the training before it is completed, he/she is still responsible to pay the remaining balance. They may keep the materials and complete the training later at no additional cost for the training. They may be subject to additional fees for materials. The fees include a and (25) yoga classes to take at In Bloom Yoga during the duration of the training. There will be a late fee of \$10 for each week that payment is late unless prior arrangements are made

In Bloom, Yoga Alliance,™ and the Yoga Alliance Foundation™ envision a world in which access to high quality teaching and practicing of yoga is equitable for all and elevates collective wellbeing and human consciousness. The purpose of the Code and the overall Ethical Commitment is to foster safe and respectful guidelines for the profession of teaching yoga and to assure that you maintain a high level of teaching ability and accountability. By defining and requiring high standards of professional and ethical conduct seeks to promote confidence and respect for all throughout yoga communities and the public at large.

This includes: (a) broadening the public understanding of the role of the Registered Yoga Teacher (RYT™); (b) ensuring and upholding professional behavior within the community; (c) developing and encouraging high standards of professional conduct; and (d) promoting and protecting the interests of the profession of yoga teaching and of the members we serve.

Code Principle 1 - Adhere to Applicable Law Code Principle 1 requires adherence to applicable law. One **MUST** abide by all local, state, provincial, national, and federal laws and regulations applicable in their location(s).

Code Principle 2 - Follow the Yoga Alliance™ Scope of Practice Under You **MUST** follow the Scope of Practice (SOP). All **MUST** attest that they have read, understand, and agree to the SOP. The SOP sets out acceptable, recommended, required, and prohibited practices by which Members agree to conduct themselves while teaching yoga.

Code Principle 3 - Follow the Anti-Harassment Policy Under Code Principle 3, You MUST follow the Anti-Harassment Policy. You MUST NOT harass Students, Trainees, employees, peers, other Members, other Teachers, other schools, studios, or members of the public, in person or through online activities, now known or unknown, such as trolling, stalking, using hate speech, threatening, intimidating, reporting of false grievances, manipulating, or otherwise harassing in any form or manner.

Code Principle 4, you MUST follow the Yoga Alliance Sexual Misconduct Policy. You MUST NOT intentionally or negligently cause sexual harm verbally, physically, or otherwise to Students, Trainees, employees, peers, other Members, other teachers, or members of the public through any action, including but not limited to: actions proscribed by local, state, provincial, national, and federal laws and regulations.

Code Principle 5 - Do No Harm Under Code 5, you MUST do no harm. You MUST attest that they will take reasonable steps to do no harm and will not intentionally or negligently cause harm to Students, Trainees, employees, peers, other teachers, or members of the public through any action or inaction, including but not limited to actions proscribed by local, state, provincial, national, and federal laws and regulations. Code Principle 5 also prohibits, for the purposes of safety, teach yoga while under the influence of alcohol or drugs, except for those drugs that have been prescribed for medical purposes by a licensed medical or mental health professional. This teaching prohibition is irrespective of jurisdictional legality and within certain yogic practices and lineages, styles, and methodologies. 'Code Principle 6 - Actively Include All Individuals Under Code Principle 6, one MUST NOT discriminate against and SHOULD actively include all individuals. Members are expected to go beyond basic legal prohibitions against discrimination and, within their scope of practice, actively include, accommodate, and welcome all who wish to be included in the practice of yoga.

Code Principle 6 includes, but is not limited to, the following:

- a. Avoid Discrimination: you **MUST NOT** discriminate against Students, Trainees, employees, staff, peers, or any other Members on the basis of age, gender, gender identity, sexual orientation, race, ethnicity, culture, national origin, religion, body type, personal appearance, physical or mental ability, socioeconomic status, marital status, political activities, or affiliation or any other basis proscribed by local, state, provincial, national, and federal laws and regulations.
- b. Seek Active Inclusion: you **SHOULD** seek to actively include, accommodate, and welcome persons who are typically excluded on the basis named above in 'Avoid Discrimination' as a committed practice towards creating equity.
- c. Provide Reasonable Accommodations: you **SHOULD** understand and facilitate to the best of their ability reasonable accommodations for people with disabilities. all are responsible for complying with disability laws and regulations applicable in their jurisdictions, including the Americans with Disabilities Act for U.S.-based Members. For reference, the United Nations Department of Economic and Social Affairs provides a resource to Disability Laws and Acts by Country/Area which may be applicable in particular jurisdictions.

- d. Establish Reasonable Physical Location: you **SHOULD** carefully consider the safety and accessibility of the physical location(s) of their yoga classes and workshops.

Code Principle 8 - Maintain Honesty in Communications Under Code Principle 8, **MUST** maintain honesty in communications. This principle includes a duty to both refrain from certain activities and to proactively and affirmatively make certain disclosures including, but not limited to, the following: Honesty in Communication: You **MUST NOT** falsely represent their professional yoga history, including but not limited to education, training, experience, and credentials.

Anti-Retaliation Policy

In Bloom Yoga is committed to fostering a safe and supportive environment where all participants, staff, and instructors are empowered to express concerns and report inappropriate behavior without fear of retaliation. This policy ensures that individuals who raise concerns or participate in investigations regarding harassment, discrimination, or other violations are protected from any form of retaliation.

Prohibition of Retaliation: Retaliation is any adverse action taken against an individual for reporting misconduct, participating in an investigation, or cooperating with an inquiry related to harassment, discrimination, or any other concerns. This includes, but is not limited to, actions such as:

- Dismissing, demoting, or reducing responsibilities.
- Unjustified disciplinary action or exclusion from activities.
- Negative performance reviews or unfair treatment.
- Intimidation, bullying, or harassment.
- Any other action that may discourage or punish an individual for raising concerns or participating in an investigation.

Reporting Retaliation:

If you believe that you have experienced retaliation, you are encouraged to report it immediately. Reports can be made confidentially to the In

Bloom Yoga management team through:

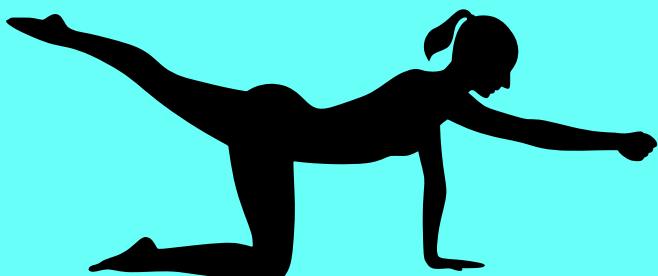
Emailing: info@inbloomyogastudio.com

Speaking privately with a member of staff or leadership.

We are committed to addressing retaliation promptly and thoroughly to maintain a safe and supportive environment for everyone.

Investigation and Resolution: Any complaints of retaliation will be investigated thoroughly and fairly. If retaliation is substantiated, appropriate corrective actions will be taken, which may include disciplinary measures or other steps to ensure that the affected individual is supported and that the retaliatory behavior is addressed.

Commitment to Fairness and Protection: In Bloom Yoga ensures that no individual will face retaliation for asserting their rights or participating in the reporting or investigation process. We are committed to protecting all participants from retaliation and ensuring that our community remains respectful, inclusive, and free from fear of retribution.



Sexual Harassment

In Bloom Yoga is committed to providing a safe and respectful environment for all students, teachers, staff, and visitors. We have a zero-tolerance policy for sexual harassment in any form. Sexual harassment includes, but is not limited to, unwelcome sexual advances, requests for sexual favors, or any other verbal, non-verbal, or physical conduct of a sexual nature that creates a hostile or intimidating environment.

Examples of Sexual Harassment:

Unwelcome sexual comments, jokes, or innuendos.

Unwanted physical contact or advances.

Displaying sexually explicit materials.

Making sexual suggestions or requests.

Any behavior that creates an intimidating or offensive environment.

Reporting Sexual Harassment: If you experience or witness sexual harassment, we encourage you to report it immediately.

Reports can be made confidentially to In Bloom Yoga management by:

Emailing info@inbloomyogastudio.vom

Speaking directly to a member of staff in private.

Grievance Policy

If a trainee has a grievance and believes that her/his rights have been violated, a written complaint must be submitted to the studio Owner, who has one week to determine next steps.

In Bloom Yoga Center, LLC reserves the right to ask any student to leave the program if their behavior is inappropriate or un ethical. Under such circumstances, tuition will not be refunded.

TRAINEE EXPECTATIONS AND TRAINING COMPLETION REQUIREMENTS

In order to receive a Certificate of Completion, trainees must attend all of the weekend sessions (with make-ups allowed as described as approved by Lead Trainer) and pay tuition in full. In addition, students must demonstrate an understanding of the pro gram content in a final exam and the final practicum teaching demonstration, as well as maintain a consistent yoga practice under the supervision/approval of Lead Trainer.

Attendance and payment of tuition alone do not guarantee students will receive a Certificate of Completion.

To Whom It May Concern,

I, _____ hereby

acknowledge that I have received the In Bloom Yoga 200-Hour Yoga Teacher Training Information Guide. I confirm that I have reviewed its contents in full and understand the policies and procedures outlined within the guide.

By signing below, I agree to abide by the policies and procedures specified in the information guide during the course of my training.

Thank you.

Sincerely,

Signature: _____

Date: _____

IN BLOOM YOGA
200-Hour Yoga Teacher Training Payment Agreement

Student Name: _____

Email: _____

PAYMENT PLAN OPTIONS

OPTION 1: STANDARD PAYMENT PLAN

Total Program Cost: \$2,800

Deposit: \$500 (due within 7 days of invoice)

Remaining Balance: \$2,300

OPTION 2: EARLY BIRD PAYMENT PLAN

Total Program Cost: \$2,500 (Save \$300!)

Deposit: \$500 (due within 7 days of invoice)

Remaining Balance: \$2,000

Payment Schedule: October through April

Eligibility: Must register by August 20th AND deposit paid within 7 days of invoice

SELECTED PAYMENT PLAN

- Option 1: Standard Plan - \$500 deposit + \$2,300 balance = \$2,800 total
- Option 2: Early Bird Plan - \$500 deposit + \$2,000 balance = \$2,500 total

PAYMENT TERMS

Monthly Payments: Automatically processed on the 10th of each month using credit card on file.

Late Fees: \$10 per week late unless prior arrangements made.

Withdrawal Policy: Students who drop out remain responsible for full balance but may complete training later at no additional cost.

Attendance: 100% attendance required for certification.

Included: Training materials and 25 yoga classes at In Bloom Yoga during training.

Refunds:

30+ days before start: Full refund minus \$500 deposit

15-29 days before: 50% refund

Less than 15 days or after start: No refund

AGREEMENT

I understand and agree to the terms outlined above. I authorize In Bloom Yoga to automatically charge my credit card on file for monthly payments.

Student Signature: _____

Date: _____

Student Printed Name: _____

In Bloom Yoga
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315-790-5481

info@inbloomyogastudio.com

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Thank you for choosing In Bloom Yoga for your 200-Hour Yoga Teacher Training journey!