

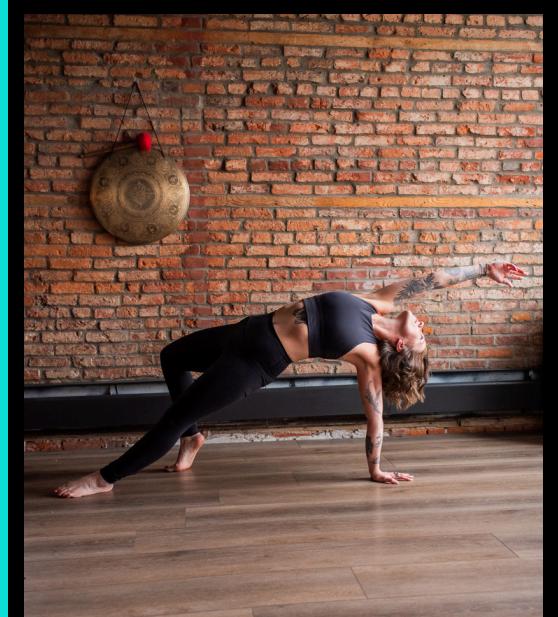
Deepen your practice and elevate your teaching with our comprehensive 300-hour Advanced Yoga Teacher Training. Meeting monthly from May 2026 through April 2027, this immersive year-long program is designed for dedicated practitioners ready to expand their knowledge, refine their skills, and step into leadership within the yoga community. We can't control what goes on the outside. But we can always control what goes on the inside. Yoga is not about being good at something. It is about being good at yourself.

Join us for a year of transformation, growth, and community. Your 500-hour journey begins here.



Program Overview

This advanced training goes far beyond the foundational 200-hour certification, offering specialized study in multiple yoga lineages, advanced teaching skills, and the business acumen needed to build a thriving career in yoga. You'll explore the depth of yogic philosophy, master advanced asana techniques, and develop the confidence to create your own signature workshops and teaching style.



300-HOUR ADVANCED YOGA TEACHER TRAINING



May 2026 - April 2027



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

Contact In Bloom Yoga Center today to:

- Schedule an informational meeting with Amy or Mandy
- Discuss payment plan options
- Reserve your spot with the early bird special
- Learn more about this life-changing opportunity

Training Schedule

Orientation:

Saturday, May 3, 2026 | 9:30 am - 3:00pm

Monthly Intensives: 8:00am - 4:30pm

June 6-7, 2026 (Saturday & Sunday)

July 12, 2026 (Saturday only)

August 2, 2026 (Saturday only)

September 12-13, 2026 (Saturday & Sunday)

October 3-4, 2026 (Saturday & Sunday)

November 7-8, 2026 (Saturday & Sunday)

December 5-6, 2026 (Saturday & Sunday)

January 2-3, 2027 (Saturday & Sunday)

February 6-7, 2027 (Saturday & Sunday)

March 6-7, 2027 (Saturday & Sunday)

April 3-4, 2027 (Saturday & Sunday)

Additional Requirements:

- Home practice assignments and reading between sessions
- Teaching practicum hours with 200-hour training students (August 2026 onward)

This format allows you to integrate your learning gradually, maintain your current teaching schedule or career, and build sustainable practices over the course of a full year.

Why Choose In Bloom Yoga Center?

For over a decade, In Bloom has been a cornerstone of the New Hartford area yoga community, known for:

Experienced, credentialed faculty committed to authentic teaching

A welcoming, inclusive environment that honors all students

Comprehensive programming that balances tradition with innovation

Strong emphasis on practical skills & real-world application

Lead Trainers



Amanda "Mandy" Bushey, LMSW, E-RYT 500

Mandy is a licensed social worker who discovered yoga as a tool for managing anxiety during college. After completing her 200-hour training at In Bloom Yoga, she pursued advanced certifications including 300-hour training and Ayurveda certification in India, earning her E-RYT 500. She also holds certifications in Yin and Aerial Yoga.



Amy Ruckel, E-RYT 500

Amy has been practicing yoga for over 9 years.. E-RYT 500 certified since 2018, she studied Ashtanga Yoga under Eddie Stern and holds Yin Yoga certification from Annie Au. Amy discovered yoga in early sobriety and credits it as essential to her recovery. Her Ashtanga Vinyasa-based classes emphasize breath, intentional movement, and the power of repetition, creating a practice that is both challenging and nurturing.

Who Should Apply This training is ideal for:

200-hour certified teachers ready to deepen their practice and teaching skills

Experienced practitioners seeking to formalize their knowledge and become teachers

Current yoga teachers wanting to specialize and develop workshops

Teachers looking to refresh their practice and reconnect with their purpose

Investment in Your Growth

Tuition: \$3,800

Payment Plans Available



Early Bird Special -

Register by March 1, 2026:

- Save \$300 on total tuition (pay only \$3,500)
- Receive 50 total class passes (10 additional passes valued at \$150)
- Secure your spot with a \$500 deposit
- Total Early Bird Savings: \$450



Standard Registration:

- \$500 deposit reserves your spot
- Balance due before program start or via customized payment plan
- 40 class passes included

