



IN BLOOM
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A 200-HOUR CERTIFICATION
YOGA TEACHER TRAINING

Summer Intensive

Transform your practice. Transform your life.

July 20 – 31, 2026

Monday – Friday · 7:00 AM – 5:00 PM
In Bloom Yoga Studio · New Hartford, NY

LEAD TRAINERS

Joanne Zilkowski & Wendy Urtz-Chapman

E-RYT 500 · Yoga Alliance RYS 200 Certified



Welcome

"Yoga is the journey of the self, through the self, to the self."
— The Bhagavad Gita

Welcome to In Bloom Yoga's 200-Hour Vinyasa Yoga Teacher Training Summer Intensive. We are absolutely thrilled that you have chosen to embark on this transformative journey with us. Whether you are 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.

An immersive two-week journey. Over two focused weeks you will dive deep into the rich traditions of yoga while learning to teach with confidence, authenticity, and heart — combining traditional yogic wisdom with modern teaching methodologies in an accelerated format built for dedicated practitioners.

Personal transformation. This training is as much about your inner journey as it is about learning to guide others. You will 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. Our experienced lead teachers are dedicated to supporting you exactly where you are while helping you grow into the teacher you are meant to become. We will hold space for your questions, celebrate your breakthroughs, and remind you that growth happens in both comfort and challenge.

Take a moment to honor yourself for taking this bold step. Choosing to become a yoga teacher is an act of courage and service, and we are honored to witness your unfolding.

With gratitude and excitement,
Martha, Joanne, & Wendy

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Program Details

200-Hour Vinyasa Yoga Teacher Training · Summer Intensive

Training Dates

July 20 – 31, 2026

Week 1: July 20 – 24 · Week 2: July 27 – 31

Daily Schedule

7:00 AM – 5:00 PM · Monday through Friday, both weeks

Note – Monday, July 27: 10:30 AM – 6:30 PM, with an Ashtanga Vinyasa class at 5:30 PM with Amy Ruckel.

Format

Hybrid Immersion – 100 hours in-person + 100 hours self-study

Location

In Bloom Yoga Studio · New Hartford, NY

Your Lead Trainers

Your training is guided by two experienced E-RYT 500 lead teachers, who together lead 100 hours of hands-on instruction over the two-week intensive.



Joanne Zilkowski

E-RYT 500 · Lead Teacher

jjilkowski@dolgeville.org

Joanne hails from Dolgeville, NY, where her journey with yoga began a few years ago. Seeking solace for her mind and revitalization for her body, she was drawn to the practice — and what started as a personal quest for peace soon blossomed into a deep passion she was eager to share. She earned her 200-hour certification at In Bloom Yoga in New Hartford and went on to complete her 300-hour training. Beyond the mat, Joanne is a devoted educator at Dolgeville Central School, where she also leads the cheerleading squad. With her vibrant energy and unwavering enthusiasm, she uplifts and inspires those around her, both in the classroom and in the studio.



Wendy Urtz-Chapman

E-RYT 500 · Lead Teacher

urtzyjo@yahoo.com

Wendy's journey embodies the transformative power of following one's passion. Dissatisfied with her former career, she began a profound exploration of yoga during the pandemic, discovering a deep connection and sense of purpose in the practice. A graduate of In Bloom Yoga's 2020 Teacher Training, she has continuously expanded her expertise — earning certifications in Yin Yoga (Levels 1 & 2), Aerial Yoga through Good Karma Yoga in Albany, and Sound Healing through Saraswati Om — and completing her 300-hour training, with further study in Energy Medicine and Kids Yoga. Wendy calls Richfield Springs home, where she finds balance and fulfillment in her roles as yoga teacher, mother, and community leader alongside her husband and their two children.

Contacts

Studio	315-790-5481 · info@inbloomyogastudio.com
Governing Body	Yoga Alliance · 1-888-921-9642 · info@yogaalliance.org
Lead Trainers	Joanne Zilkowski · jzilkowski@dolgeville.org Wendy Urtz-Chapman · urtzyjo@yahoo.com
Studio Owner	Martha Kodsy · 315-725-0967 · mkodsy@inbloomyogastudio.com

The Program Includes

- 100 hours of in-person instruction with your lead teachers
- 100 hours of guided self-study & structured e-learning modules
- A 25-Class Pass for unlimited access at In Bloom Yoga
- Hands-on teaching experience
- Homework & reflection practices
- All props and manuals provided

Whenever possible, materials are provided in electronic format. If you prefer a hard copy, printing is the student's responsibility.

Graduation Requirements

- Completion of all homework, assignments, and self-study modules
- Teaching a 60- to 75-minute Vinyasa yoga class
- Completion of the required reading list
- Full attendance (or approved make-up sessions, considered case-by-case)
- Full payment of tuition

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

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

Prerequisites

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

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

Transform your relationship with yoga and discover your unique teaching voice in this immersive training environment.



Reading List

Required Reading

- *The Bhagavad Gita* (any version)
- *The Yoga Sutras of Patanjali*
- *Yoga Sequencing* — Mark Stephens
- *Anatomy for Vinyasa Flow and Standing Poses* — Ray Long
- *How Yoga Works* — Michael Roach
- *Yoga and Body Image* — Melanie Klein & Anna Guest-Jelley
- *The Yamas & Niyamas* — Deborah Adele
- *One Simple Thing* — Eddie Stern

Suggested Reading

- *The Untethered Soul* — Michael Singer
- *Anatomy of the Spirit* — Caroline Myss
- *Light on Yoga* — B.K.S. Iyengar
- *Living the Sutras* — Kelly DiNardo
- *Teaching Yoga* — Mark Stephens
- *The Gifts of Imperfection* — Brené Brown
- *Fail, Fail Again, Fail Better* — Pema Chödrön

Books may be purchased anywhere; multiple copies are available to borrow at In Bloom.

What to Bring

A yoga mat and healthy snacks. All other props, manuals, and materials are provided.

Preparing for Your Intensive

The Daily Rhythm

Each day runs 7:00 AM to 5:00 PM, Monday through Friday, across both weeks — a full, immersive schedule with a midday lunch break and short rest breaks throughout the day.

What to Bring

- Your yoga mat
- Comfortable, layered clothing you can move in
- A water bottle to stay hydrated
- A notebook and pen for notes and reflection
- Healthy snacks and a packed lunch (or plan to grab something nearby)

All other props, manuals, and materials are provided.

Nourishment

Two full weeks of practice ask a lot of your body, so eat well and stay hydrated. We recommend bringing a packed lunch and snacks to keep your energy steady; New Hartford and neighboring Utica also offer plenty of options a short drive away.

Getting Here

In Bloom Yoga Studio · 34 Genesee St, New Hartford, NY 13413. Please allow a few minutes to park, and plan to arrive about fifteen minutes early on your first day to settle in.

Traveling In?

If you are coming from out of town, New Hartford and nearby Utica offer a range of hotels and short-term rentals within a short drive of the studio.

Tuition Investment

\$2,500 Early Bird
Save \$300

Full tuition \$2,800. Register by **June 15, 2026** to save \$300.

Securing Your Spot

A \$500 non-refundable deposit reserves your place; the remaining balance is due in full by July 20, 2026 — the first day of training.



Attendance Policy

Attendance is essential to full participation and mastery of the curriculum.

In-Person Sessions. Attendance is mandatory for all in-person sessions – Monday through Friday, 7:00 AM to 5:00 PM, across both weeks (July 20–24 and July 27–31). If you must miss a session, arrange an approved make-up within two weeks, subject to availability.

Self-Study. Complete all e-learning modules, homework, and reflection assignments that make up the self-study portion of the program.

Excessive Absences. Missing more than 25% of the in-person program may prompt a review of your progress and a potential delay in certification. Full attendance is required for certification.

Cancellation Policy

If a trainee withdraws before completing the training, they remain responsible for the remaining balance. They may keep the materials and complete a future training at no additional training cost, though additional materials fees may apply. A late fee of \$10 applies for each week a payment is late unless prior arrangements are made.

Code of Conduct

In Bloom and Yoga Alliance envision a world in which access to high-quality teaching and practice of yoga is equitable for all and elevates collective wellbeing. This Ethical Commitment fosters safe, respectful standards for the profession and upholds a high level of teaching ability and accountability.

Principle 1 – Adhere to Applicable Law

Abide by all local, state, provincial, national, and federal laws and regulations applicable in your location(s).

Principle 2 – Follow the Scope of Practice

Read, understand, and agree to the Yoga Alliance Scope of Practice, which sets out acceptable, recommended, required, and prohibited practices for teaching yoga.

Principle 3 – Follow the Anti-Harassment Policy

Do not harass students, trainees, employees, peers, other members, teachers, schools, studios, or the public – in person or online – including trolling, stalking, hate speech, threats, intimidation, false grievances, or manipulation.

Principle 4 – Follow the Sexual Misconduct Policy

Do not intentionally or negligently cause sexual harm – verbally, physically, or otherwise – to students, trainees, employees, peers, other members, teachers, or the public.

Principle 5 – Do No Harm

Take reasonable steps to do no harm. Do not teach while under the influence of alcohol or drugs, except those prescribed for medical purposes by a licensed professional.

Principle 6 – Actively Include All Individuals

Do not discriminate on the basis of age, gender, gender identity, sexual orientation, race, ethnicity, culture, national origin, religion, body type, appearance, ability, socioeconomic or marital status, or political affiliation. Go beyond basic prohibitions to actively include, accommodate, and welcome all; provide reasonable accommodations for people with disabilities; and ensure safe, accessible locations.

Principle 8 – Maintain Honesty in Communications

Do not falsely represent your professional yoga history, including education, training, experience, and credentials.

Anti-Retaliation Policy

In Bloom Yoga is committed to a safe, supportive environment where everyone is empowered to raise concerns and report inappropriate behavior without fear of retaliation.

Prohibition of Retaliation. Retaliation is any adverse action taken against someone for reporting misconduct, participating in an investigation, or cooperating with an inquiry. This includes dismissing, demoting, or reducing responsibilities; unjustified discipline or exclusion from activities; negative reviews or unfair treatment; intimidation, bullying, or harassment; or any action that discourages or punishes raising concerns.

Reporting. If you believe you have experienced retaliation, report it immediately and confidentially by emailing info@inbloomyogastudio.com or speaking privately with a member of staff or leadership.

Investigation & Resolution. Complaints are investigated thoroughly and fairly. If substantiated, appropriate corrective action will be taken to support the affected individual and address the behavior.

Fairness & Protection. No one will face retaliation for asserting their rights or participating in the reporting or investigation process.

Sexual Harassment Policy

In Bloom Yoga is committed to a safe and respectful environment for all students, teachers, staff, and visitors. We maintain a zero-tolerance policy for sexual harassment in any form — including unwelcome sexual advances, requests for sexual favors, or any verbal, non-verbal, or physical conduct of a sexual nature that creates a hostile or intimidating environment.

Examples include:

- Unwelcome sexual comments, jokes, or innuendo
- Unwanted physical contact or advances
- Displaying sexually explicit materials
- Making sexual suggestions or requests
- Any behavior that creates an intimidating or offensive environment

Reporting. If you experience or witness sexual harassment, report it immediately and confidentially by emailing info@inbloomyogastudio.com or speaking privately with a member of staff.

Grievance Policy ♦

If a trainee believes their 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 for inappropriate or unethical behavior; under such circumstances tuition is not refunded.

Trainee Expectations & Completion ♦

To receive a Certificate of Completion, trainees must attend all in-person sessions (with make-ups approved by the Lead Trainers), complete the self-study modules, pay tuition in full, demonstrate understanding of the program in a final exam and practicum teaching demonstration, and maintain a consistent yoga practice under the supervision and approval of the Lead Trainers.

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

Acknowledgment

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.

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

Signature: _____

Date: _____



Payment Agreement

Student Name: _____

Email: _____

Tuition Options

Standard

Total: \$2,800 · \$500 non-refundable deposit · Remaining balance: \$2,300

Early Bird — register by June 15, 2026

Total: \$2,500 (save \$300) · \$500 non-refundable deposit · Remaining balance: \$2,000

Selected Option

Standard — \$500 deposit + \$2,300 balance = \$2,800

Early Bird — \$500 deposit + \$2,000 balance = \$2,500

Payment Terms

- A \$500 non-refundable deposit secures your spot
- The remaining balance is due in full on July 20, 2026 (the first day of training)
- A late fee of \$10 per week applies to overdue balances unless prior arrangements are made
- Withdrawing students remain responsible for the full balance but may complete a future training at no additional cost
- Full attendance is required for certification
- Includes a 25-Class Pass at In Bloom Yoga during the training

Refunds

- 30+ days before start: full refund minus the \$500 deposit
- 15–29 days before: 50% refund
- Less than 15 days before or after start: no refund

Agreement

I understand and agree to the terms outlined above, including the program's refund, attendance, and conduct policies, and confirm that all information I have provided is true to the best of my knowledge.

Photo & Media Release (optional)

I consent to In Bloom Yoga using photographs or video taken during the training for promotional purposes.

Student Signature: _____

Printed Name: _____

Date: _____



34 Genesee St, New Hartford, NY 13413
315-790-5481 · info@inbloomyogastudio.com · @inbloomyogastudio

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