

Deepen your practice. Elevate your teaching.

Meeting monthly from January through December 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.

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.

CONTACT US

CALL 315-790-5481

WEB inbloomyogastudio.com

EMAIL info@inbloomyogastudio.com

Reach out today to:

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



RESERVE YOUR SPOT

A \$500 deposit
holds your place.

Early bird pricing ends December 1, 2026



300-HOUR ADVANCED YOGA TEACHER TRAINING

YOGA ALLIANCE REGISTERED · RYS 300

January – December 2027

FORMAT	HOURS	PREREQUISITE
Second weekend each month	300	200-hour certification

Training Schedule

ORIENTATION WEEKEND

January 9–10, 2027 Sat & Sun
8:00 am – 4:30 pm

MONTHLY INTENSIVES · SECOND WEEKEND
8:00 AM – 4:30 PM

FEBRUARY	13–14 Sat & Sun
MARCH	13–14 Sat & Sun
APRIL	10–11 Sat & Sun
MAY	8–9 Sat & Sun
JUNE	12–13 Sat & Sun
JULY	10 Saturday only
AUGUST	14 Saturday only
SEPTEMBER	11–12 Sat & Sun
OCTOBER	9–10 Sat & Sun
NOVEMBER	13–14 Sat & Sun
DECEMBER	11–12 Sat & Sun

ADDITIONAL REQUIREMENTS

- Home practice assignments and reading between sessions
- Teaching practicum hours with 200-hour training students (April 2027 onward)

AT A GLANCE

CERTIFICATION	RYS 300 · Yoga Alliance
HOURS	300
FORMAT	Second weekend, monthly
PREREQUISITE	200-hour certification
LOCATION	New Hartford, NY

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

Lead Trainers

AMY RUCKEL

E-RYT 500

Amy has practiced yoga for over nine years and has been E-RYT 500 certified since 2018. She studied Ashtanga Yoga under Eddie Stern and holds a 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 — a practice both challenging and nurturing.



JERI GEORGE

CREDENTIAL TO CONFIRM

Jeri joins the In Bloom training faculty as co-lead of the 300-hour program alongside Amy. *[Years teaching, certifications and where she earned them, lineages or teachers studied with, specialty, and how she came to yoga — send these and this paragraph is finished.]*



WHAT YOU'LL STUDY

- Specialized study across multiple yoga lineages
- Advanced asana technique and skillful sequencing
- The depth of yogic philosophy
- Advanced teaching methodology and adjustment
- Designing your own signature workshops
- The business of building a career in yoga

03 / WHO SHOULD APPLY

- 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

FULL TUITION

\$3,800

Payment plans available

EARLY BIRD · BY DEC 1, 2026

\$3,500 ~~\$3,800~~

- Save \$300 on total tuition
- 50 total class passes — 10 additional, a \$150 value
- 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



WHY IN BLOOM

For over a decade, In Bloom has been a cornerstone of the New Hartford yoga community — credentialed faculty, an inclusive room that honors all students, and programming that balances tradition with real-world practical skill.