

300-Hour Advanced Teacher Training

January – December 2027 · one weekend a month



IN BLOOM YOGA
NEW HARTFORD, NY

TUITION \$3,500 Payment plans available — ask us	DATES Jan – Dec 2027 Twelve weekends · second weekend monthly	HOURS 8 a.m. – 4:30 p.m. Saturday & Sunday	PREREQUISITE RYS-200 A Yoga Alliance–approved 200-hour
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PERSONAL INFORMATION

FULL NAME

DATE OF BIRTH

PRONOUNS

STREET ADDRESS

CITY / STATE / ZIP

PHONE NUMBER

EMAIL ADDRESS

EMERGENCY CONTACT NAME

EMERGENCY CONTACT PHONE

YOUR 200-HOUR CERTIFICATION

SCHOOL / STUDIO WHERE YOU CERTIFIED

YEAR COMPLETED

YOGA ALLIANCE RYT NUMBER, IF REGISTERED

ANY ADDITIONAL CERTIFICATIONS

Please attach or bring a copy of your 200-hour certificate. If you trained at In Bloom, we already have it on file.

YOUR TEACHING

WHERE DO YOU CURRENTLY TEACH?

HOW LONG HAVE YOU BEEN TEACHING?

CLASSES OR STYLES YOU TEACH

ROUGHLY HOW MANY HOURS HAVE YOU TAUGHT?

If you're not teaching right now, tell us where you are with it.

Not teaching yet is fine. Some trainees come to the 300-hour to build the confidence to start.

Your goals, mentorship & agreements

WHAT YOU WANT FROM THIS TRAINING

Which areas are you most drawn to? Tick as many as apply — it helps us shape the year around the cohort.

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| ☐ Advanced asana & safe progressions | ☐ Yogic texts & ethics |
| ☐ Specialized teaching skills & sequencing | ☐ Meditation & advanced pranayama |
| ☐ Seva & creative teaching | ☐ Special populations — prenatal, kids, seniors |

What do you want to be able to do by December that you can't do now?

THE MENTORSHIP WEEKENDS

JANUARY – APRIL · YOU TEACH THE TEACHERS

Your first four weekends run alongside the final four of our 200-hour Weekend Immersion, and you'll spend them mentoring that cohort — assisting, observing, and explaining what you know to people learning it for the first time. It's one of the most valuable parts of the year, and it starts in month one.

- ☐ I understand mentoring the 200-hour cohort is part of this program, and I'm glad to do it.

HEALTH & MEDICAL

Any injuries or physical limitations we should know about?

Advanced asana means deeper work. Telling us now means your trainers can build safe progressions for you from the start.

PRACTICAL

- ☐ Please contact me about a payment plan ☐ I'll pay tuition directly

Anything else you'd like us to know — questions, scheduling conflicts, or goals?

AGREEMENTS

- ☐ I have completed a Yoga Alliance–approved 200-hour teacher training and can provide documentation.
- ☐ I understand full attendance across all twelve weekends is required for certification, and that I should speak with my lead trainer early if I expect to miss one.
- ☐ I agree to the school's refund, attendance, and conduct policies.
- ☐ All information provided here is true to the best of my knowledge.

APPLICANT SIGNATURE

DATE

RETURN THIS FORM

Drop it at the studio, or email a scan to
info@inbloomyogastudio.com

QUESTIONS FIRST?

315-790-5481
info@inbloomyogastudio.com

WHAT HAPPENS NEXT

We read every application and reply
personally within a few days.