

poweryoga

CANADA



seek the truth

200 HOUR PROGRAM

Power Yoga Canada | 485 Trafalgar Road | Oakville, ON L6J 3J1
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WELCOME FROM THE DIRECTOR

On behalf of Power Yoga Canada, it is my privilege to warmly welcome you to our program. We are honoured that you have chosen Power Yoga Canada to support you on your journey to personal and professional empowerment. We look forward to sharing our enthusiasm about the program with you and are delighted that you have made the commitment to participate.

We are here to ignite your curiosity, challenge you and support you. We are available to answer your questions, assist you in any way we can and our commitment to you will not end after certification. Our objective is to help you take the rewarding step from student to teacher. We will be here to assist you in getting started as a teacher, opening a studio and continuing your education, if you so choose. The transition from student to teacher is a rewarding one. If we pass on even a fraction of joy and satisfaction we have found through yoga, this program will be a great inspiration to you, to your students and to your students' students.

If there is anything we can do to enhance the program and make the process more meaningful and compatible to you, we would like to know. We would also appreciate receiving your feedback after the course is complete. We know you will find the Power Yoga Canada Seek The Truth 200 hour Certification program to be of tremendous value on every level of your life, and we look forward to working with you and getting to know you better.

Kinndli

Kinndli McCollum
PYC Learning Academy Director
500hr CYT, E-RYT, Master Baptiste Certified Teacher
Power Yoga Canada Co-Founder



PYC'S MISSION

EMPOWER COMMUNITIES IN ACTION!

Power Yoga Canada is committed to growth and supports each student as they transform themselves into authentic and powerful people: physically, mentally and spiritually.

SEEK THE TRUTH: 200 HOUR PROGRAM

Participating in the PYC Seek The Truth: 200 Hour Program will quite simply change your life. Through excavating practices, group processes and self-inquiry, you will reveal your authentic, powerful self. The intensive nature of the training is designed specifically to take you out of what you already know and create space for possibilities into the realm of the unknown.

This training is practical and the results are immediate as the process is completely based in the present moment. Through hours of practice teaching and hands on assisting, the practical skills you will acquire are immediately applicable and you will leave the training ready to teach! The intimate group of teachers and the personal apprenticeship with Kinndli and other Senior PYC Teachers will hold for a unique experience in learning not just how to be a powerful yoga teacher, but in learning how to be an authentic and powerful human.

This 2 week intensive training is a complete life immersion into self-inquiry, meditation, healthy eating, daily practice and practical teaching methods. You will be required to complete 8 hours of pre-training readings and study and 12 hours of post training practicum.

LOCATION

We will be meeting and staying at **Sugar Ridge Retreat Centre** for the whole 2 weeks.

**5720 Forgets Road
Wyebriidge, ON L0K 2E0**

Phone: 1-866-609-1793 | Local Phone: (705) 528-1793
Email: info@sugarridge.ca | Website: www.sugarridge.ca

DATES & ARRIVAL/DEPARTURE TIMES

Summer Intensive Dates: July 7th - 21st, 2017

Program Starts at 5:00 pm on July 7th. You can arrive earlier in the afternoon after 3:00pm and get settled into your cabin, take a hike or a quick drive to the lake. We will begin with dinner together at 5:00pm at Sugar Ridge.

Program Ends at 11:00 am on July 21st. Brunch will be provided on our last day together then you are welcome to stay into the early afternoon and enjoy the Midland area or start your journey home.

DETAILS & AMENITIES

Please bring all personal amenities, and if you need to purchase anything, it is just a short drive to the nearest store.

What to Bring

- Multiple yoga outfits for changing into throughout the day (2 practices)
- Mat and mat towel for practice
- Hand towel for assisting
- Water bottle
- Journal and pen for every session
- PYC Manual for every session (received onsite)
- Textbooks (JIP, Anatomy, History, Heart of Yoga)
- Detergent if you would like to hand wash any of your clothes
- Sunscreen
- Bug repellent
- Flashlight
- Umbrella and/or rain gear
- Towels for showering
- Bathing suit
- Warm clothes for cool evening camp fire
- Snacks (optional)

*Laundry service will be available for an extra fee charged to you, the participant.

PROGRAM DESCRIPTION

Pre-Training (8 - 10hours)

Prior to our time together students are expected to:

- Complete the required readings
- Memorize the Journey Into Power (JIP) sequence 60min
- Complete the 2 papers (Sutras/Chakras)
- Audit classes (3)

During Training

A typical day consists of the following schedule (subject to change):

- 7:00 am - Breakfast
- 8:00 am - Meditation/Practice/Asana/LAB
- 12:00 pm - Meal Break
- 1:00 pm - Practice Teaching
- 2:00 pm - Discussion: Transformation/History/Philosophy
- 4:00 pm - Anatomy/Practicum Teaching/Assisting
- 6:00 pm - Dinner
- 7:00 pm - Evening Practice/evening group exercise
- 9:00 pm - End

Post-Training (12 - 15 hours)

Once training has completed, students are expected to:

- Teach & Observe
- Complete Anatomy Test
- Complete service work and paper
- Complete papers and readings
- Complete teaching & observing requirements



BE OF
SERVICE

APPROVAL

Power Yoga Canada is approved by the Yoga Alliance to provide a 200 hour registered yoga teacher training.

PROGRAM CURRICULUM - 200 HOUR LEVEL

- Techniques - 100 hours
- Teaching Methodology - 25 hours
- Anatomy and Physiology - 20 hours
- Philosophy/Ethics/Lifestyle - 30 hours
- Practicum - 10 hours
- Transformational - 10 hours
- Homework and Exams - 5 hours

DEFINITIONS

- **Techniques**
Includes asanas, pranayama, chanting, mantra and meditation. Hours in this category include both training in the techniques and practice of them. Power Yoga Canada classes, bootcamps and workshops included.
- **Teaching Methodology**
Includes principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher, the student's process of learning and business aspects of teaching yoga.
- **Anatomy and Physiology**
Includes both human physical anatomy and physiology (bodily systems, organs, etc.) and energy anatomy and physiology (chakras.etc) Includes both the study and application of it's principles to yoga practice (benefits, contraindications, healthy movement patterns, etc.).

DEFINITIONS (CONTINUED)

- **Philosophy, Ethics and Lifestyle**

Study of yoga scriptures (Yoga Sutras, Bhagavad Gita, etc.), ethics for yoga teachers, “living the life of the yogi,” etc.

- **Practicum**

Includes practice teaching, receiving feedback, observing others teaching and hearing/giving feedback. Also includes assisting in classes taught by others.

- **Transformational**

Includes self inquiry and group dialogue that arouses inner questioning regarding authenticity and integrity.

ADMISSION REQUIREMENTS

1. Be at least 18 years of age.
2. Hold a high school diploma or its equivalent.
3. Submit a \$500 non-refundable deposit fee.
4. Complete application for admission. Application to the program does not guarantee acceptance. Candidates are evaluated for academic and physical ability, personal character, motivation and ability to manage time and meet financial obligations for tuition.
5. Have practiced yoga for at least one year.
6. Complete admission interview by scheduling an appointment with the school director. Admission requirements must be completed prior to first day of class. Notification of admission will be by email.

CERTIFICATION & REGISTRATION



Once all requirements are complete and tuition is paid in full, students will be acknowledged as a Certified Power Yoga Canada Yoga Teacher. Our yoga teacher certification is designed to fulfill the requirements necessary to become a Yoga Alliance Registered Yoga Teacher (RYT). Graduates can apply for Yoga Alliance certification once they have received their PYC certificate.

STRETCH

YOURSELF



TUITION & FEES

Deposit Fee

\$500 nonrefundable fee due at time of acceptance.

Tuition

\$4800 - \$500 deposit = \$4300 (does not include taxes)

***Payment in full due prior to first day of class.**

Special Cases

In special cases, students requiring a payment plan will be addressed by the director and viewed on a case by case method. All fees are payable by cash, debit or credit card.

INCIDENTAL ADMINISTRATION CHARGES

Transcript Request - \$10

Check Return (NSF) - \$25

Practical Retake - \$45

Make up Sessions - \$45/hour

REFUNDS

1. The deposit fee of \$500 is non-refundable except in the case of denied acceptance.
2. The student will receive a full tuition refund (\$4300) if they cancel within three business days before classes begin (\$3900 early bird refund).
3. The student, who withdraws after beginning instruction, but prior to 50% of course completion, shall receive a pro-rated refund based upon program length.
4. No refunds will be made after 50% of the program is complete.
5. Students will receive their refund within 40 days after dismissal or notification of withdrawal.

ALUMNI STATUS

Once you have completed all of your post work, paid tuition in full and you have received your certificate, then you will be a PYC Alumni graduate! You are gifted 50% off 1 yearly membership or 50% off the monthly unlimited pass for the year post training. After 1 year of graduating we hope that you will have assimilated into the community through the Assisting Energy Exchange Team or the studio Energy Exchange team or have become a teacher on a PYC schedule in which you would receive unlimited yoga in exchange for your role.

THANK YOU

Thank you for your interest in the Power Yoga Canada Learning Academy. We look forward to providing you a transformational experience. We will be constantly improving as we evaluate our programs with input from our students. We hope you join us for the beginning of this exciting journey! Feel free to contact us with any questions you have about our program by emailing info@poweryogacanada.com.



LET THE
sweat roll