



200 HOUR YOGA TEACHER  
TRAINING PROGRAM BROCHURE  
**S U M M E R 2 0 2 2**



## WELCOME TO THE COLLECTIVE

We are thrilled that you have joined this program! You have made a powerful commitment to developing yourself as a yoga teacher and to deepen your understanding of yourself. If you are ready to create opportunity, inspiration, and connection, you have come to the right place. If you are reading this wondering, “what did I sign up for?” you too are in the right place!

Power Yoga Collective is a way of living - both on and off of the yoga mat. You will be empowered, inspired, and lit up to take your life on and to be a shining light to everyone around you.

At PYC, our medium is yoga, but our mission is simple:

Empower Communities Into Action

We execute our mission statement by living our core values and inspiring others to do the same. We empower our teams, communities, teachers, and studio owners to live our core values with us.

In this program, your current way of being and skill set will be both challenged and recognized. You will be asked to show up fully, not just by the program and group but by your higher self. When you heed the call to action, you will experience the power and magic of transformation. Our fundamental concern is to create a space where everyone feels a deep sense of community and belonging.

## POWER YOGA CANADA grows into POWER YOGA COLLECTIVE

We opened our first Power Yoga Canada studio in November 2009 and we have been sharing hot sweaty power yoga ever since!

Now there are Power Yoga Canada studios throughout the Greater Toronto area all the way up to Sudbury. Our Canadian community is so amazing, that we wanted to start spreading our mission internationally and online.

Power Yoga Collective is now the umbrella community that encompasses and houses all things Power Yoga Canada including:

- Power Yoga Canada Studios
- Yoga Teacher Trainings
- Continuing Education Modules
- Retreats
- Membership Platform Power Yoga At Home

The PYC yoga teaching academy that you are participating in is the same program, execution, and facilitator team as before, we have simply changed the “C” from Canada to Collective.

The Power Yoga Collective: SEEK the TRUTH, a 200hr Yoga Teacher Training is the prerequisite for a future teaching spot at one of our PYC Yoga Studios.

When you graduate, you will be able to use both the Canadian title (Power Yoga Canada Yoga Teacher) and the global Collective title (Power Yoga Collective Yoga Teacher). You are witnessing the growth of your PYC family!



SUGAR RIDGE  
*retreat centre*

## SUGAR RIDGE INTENSIVE RETREAT

### SEEK THE TRUTH: 200 HOUR PROGRAM

### IMPACTFUL. TRANSFORMATIVE. LIFE-CHANGING

The 200 Hour Summer 2022 Yoga Teacher training program is a combination of asana, meditation, and self-inquiry. You can expect to be engaged from day one in experiential learning through practice teaching, partner work, and group discussions. You will be engaged through LIVE sessions for the duration of the program that will include over 160 interactive contact hours with PYC Co-Founder and 500 hour Yoga Alliance Certified E-RYT Kinndli McCollum.

Featuring a hybrid approach, participants will start the program online for 2 weekends in June before making their way to the Sugar Ridge Retreat Centre located in Wyebridge, Ontario from July 4 until July 15 where the program will take place.

We are committed to delivering an exceptionally engaged group experience that is interactive and intimate. For online portions, you will be required to have your video on and be requested to participate in all sessions to ensure that you get all that you intend on getting from the program.

We have been delivering impactful, LIFE CHANGING, community building Yoga Teacher Trainings for over 10 years, and our hybrid program will be delivered with the same excellence and high standards.

Our 200 hour program is unique in that it attracts both yoga practitioners who are interested in becoming powerful yoga teachers and many people who are interested in self-inquiry and truth-seeking within themselves. The tools you gain will change you in everything you do; your relationships, your work, your self-expression, and you will leave a confident yoga teacher!

## DATES & ARRIVAL/DEPARTURE TIMES

The Summer Intensive 200 hour Program is broken up into 2 parts:

### 1. Pre-Training ONLINE Weekends (2 weekends on ZOOM)

- Saturday, June 4: 9am – 7pm EST
- Sunday, June 5: 9am – 4pm EST
- Saturday, June 18: 9am – 7pm EST
- Sunday, June 19: 9am – 4pm EST

### 2. Intensive 12-day Training at Sugar Ridge Retreat Centre July 4th- 15th

- Program Begins July 4th at 6pm
- Program Ends July 15th at 11am

For the online components, you will need to access Zoom via computer or tablet. WiFi/Internet is required as well as a microphone.

Online portions will be recorded and available to those with a conflict.

## LOCATION

To start the program, we will begin online over Zoom where you can participate globally.

We will be meeting and staying at the **Sugar Ridge Retreat Centre** for 11 days.

5270 Forgets Road  
Wyebriidge, ON L0K 2E0

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

## 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
- Water bottle
- Journal and pen for every session
- PYC Manual for every session (received onsite)
- Textbooks (Anatomy, History, Heart of Yoga, Embrace Yoga's Roots)
- Laundry detergent
- Sunscreen
- Bug repellent
- Flashlight
- Umbrella and/or rain gear
- Towels for showering
- Bathing suit
- Warm clothes for cool evening camp fire
- Snacks (optional)



## PROGRAM OVERVIEW

ONLINE OVER ZOOM, A TYPICAL DAY CONSISTS OF THE FOLLOWING SCHEDULE & ALL TIMES ARE SUBJECT TO CHANGE:

### SATURDAY

9:00 am: Session  
12:00 pm: BREAK  
1:30 pm: Session  
5:00 pm: BREAK  
5:30 pm: Session  
7:00 pm: END

### SUNDAY

9:00 am: Session  
12:00 pm: BREAK  
1:30 pm: Session  
4:00 pm: END

IN-PERSON AT SUGAR RIDGE CONSISTS OF THE FOLLOWING SCHEDULE & ALL TIMES ARE SUBJECT TO CHANGE:

7:00am: Breakfast  
8:00 am: Yoga/Meditation/LAB  
12:00 pm: Meal Break  
1:00 pm: Practice Teaching  
2:00 pm: Discussion-Transformation/Practicum Teaching  
6:00 pm: Meal Break  
7:00 pm: Evening practice/Group exercise  
9:00 pm: End

## COMING INTO THE PROGRAM

For the 200 hour program, you are asked to complete readings and papers in order to graduate (found in this brochure in later pages). We recommend getting as much completed prior to the program but don't worry if you are unable to read or complete the papers in advance as you can complete them all as post-work.

## YOGA EXPERIENCE

Come as you are. We believe that Power Yoga is for every body and to be a powerful yoga teacher you just need to come with an open heart and open mind. You are not required to have any yoga experience in order to register for this program and you do not have to be an advanced yogi. Everyone is welcome.



BE *present*

## PYC FLOW SEQUENCE

### GROUNDING SERIES (Integration)

Child's Pose  
Downward Facing Dog  
Rag Doll  
Mountain Pose with Arms Up  
Samasthiti  
3 OMs

### ACTIVATING SERIES (Sun Salutations)

Sun Salutation A (3 - 5 Times)  
Extended Pose with Arms Up Forward Fold  
Halfway Lift  
Low Push-Up  
Upward Facing Dog  
Downward Facing Dog (3 -5 Breaths)  
Walk/Jump Forward  
Halfway Lift  
Forward Fold  
Extended Mountain Pose  
(On the last SUN A, after half lift move to Chair instead of Extended Mountain)

### Sun Salutation B (3 - 5 Times)

Chair  
Forward Fold  
Halfway Lift  
Low Push-Up  
Upward Facing Dog  
Downward Facing Dog  
Warrior 1 (Right Side)  
Low Push-Up  
Upward Facing Dog  
Downward Facing Dog  
Warrior 1 (Left Side)  
Low Push-Up  
Upward Facing Dog  
Downward Facing Dog (3 - 5 Breaths)  
Walk/Jump Forward  
Halfway Lift  
Forward Fold  
Chair Pose (On the last SUN B stay in Down Dog to move into Warrior Series)

### EMPOWERING SERIES (Warrior) (Core Options)

Flip Dog-R  
Side Plank Right arm up  
Vinyasa\*  
Flip Dog-L  
Side Plank Left arm up  
Vinyasa  
Crescent Lunge-R  
Revolved Crescent Lunge  
Warrior 2-R  
Extended Side Angle- R  
Vinyasa  
Crescent Lunge- L  
Revolved Crescent Lunge  
Warrior 2- L  
Extended Side Angle- L  
Vinyasa  
Walk/Jump Forward  
Halfway Lift  
Chair Pose Twist- R  
Forward fold catch toes  
Chair Pose Twist- L  
Gorilla  
Crow  
Vinyasa  
Walk/Jump Forward  
Halfway Lift  
Forward Fold  
Extended Mountain Pose

### CENTERING SERIES (Balancing)

Eagle (2 each side)  
Standing Leg Raise Front- R  
Standing Leg Raise SIDE- R  
Airplane- R  
Half Moon- R  
Forward Fold  
Rise up  
Extended Mountain  
Standing Leg Raise Front-L  
Standing Leg Raise Side-L  
Airplane- L  
Half Moon- L  
Rag Doll  
Rise up  
Extended Mountain  
Dancer's Pose (2 each side)  
Tree

## PYC FLOW SEQUENCE

### AWARENESS SERIES (Triangle & Backbend)

Extended Mountain Pose  
 Forward Fold  
 Halfway Lift  
 Vinyasa  
 Warrior 1- R  
 Warrior 2- R  
 Triangle- R  
 Side Facing Wide Leg Forward Bend  
 Front Facing Forward Fold- R  
 Twisting Triangle- R  
 Vinyasa  
 Warrior 1- L  
 Warrior 2- L  
 Triangle- L  
 Side Facing Wide Leg Forward Bend  
 (hands interlaced behind back)  
 Front Facing Forward Fold- L  
 Twisting Triangle- L  
 Vinyasa  
 High plank  
 Lay down  
 Locust with Hands by Side Body  
 Locust with Hands interlaced  
 Floor Bow  
 Upward Facing Dog  
 Down Dog  
 Bring knees down  
 Camel  
 Lay on back  
 Bridge  
 Wheel  
 Cobbler's Pose  
 Happy Baby

### INTUITION SERIES (Hips & Forward Folds)

Half Pigeon- R  
 Swing left leg around to sit  
 Double Pigeon-R  
 Vinyasa  
 Half Pigeon- L  
 Swing right leg around to sit  
 Double Pigeon- L  
 Frog  
 Seated Single Leg Extension- R  
 Seated Single Leg Extension- L  
 Seated Forward Bend (both legs out)  
 Reversed Table Top  
 Fish Pose  
 Lay on back

### CONNECTION SERIES (Deep Rest)

Waterfall or  
 Shoulder Stand (Plow Pose, Deaf Man's  
 Pose) or Headstand  
 Supine Twist (both sides)  
 Savasana  
 3 OMs

\*Vinyasa= High to Low Push up, Up  
Dog to Down Dog



## PROGRAM READINGS & PAPERS

The content of the program is designed in such a way that will support you to acquire the most knowledge, skill, and practical tools to set you up for success as a powerful Power Yoga teacher. It is essential that you hold yourself responsible and with integrity around the completion of the papers to guarantee that you get the most out of the training.

Most of the papers and assignments are designed in such a way to reflect not your memorization abilities but to see that you have assimilated the information into practical and personal use, that you have made it your own to share.

Remember that we are looking for your understanding of the material and what inquiry it has opened for you. Do not worry about your essay writing skills, please just write in a conversational way, directly to the reader like you are sharing your thoughts intimately. If you need any support or have any questions at any point through this process you can email Kinndli at [info@poweryogacanada.com](mailto:info@poweryogacanada.com) for clarification and support.

## REQUIRED BOOKLIST

Purchase the following books and complete the required readings as directed:

1. Voice of Knowledge, Ruiz - Read the entire book or listen prior to training
2. Art of Possibility, Zander - Read the entire book or listen prior to training
3. Heart of Yoga, Desikachar - Used for referential reading; chapters assigned during
4. History of Yoga, Feurestien - Used for referential reading; chapters assigned during training. Online purchase by emailing [tyslearning@gmail.com](mailto:tyslearning@gmail.com)
5. The Key Muscles of Yoga, Ray Long & Chris Macivor- Used for referential reading; chapters assigned during training

## SUGGESTED BOOKLIST

1. P.I.V.O.T, Pauline Caballero
2. A New Earth, Eckhart Tolle
3. Anatomy of the Spirit, Caroline Myss
4. A Return to Love, Marianne Williamson
5. Eastern Body Western Mind, Judith Anodea
6. Bhagavad Gita, Mitchel
7. The Yoga Sutra of Pantanjali, Chip Hartranft
8. Embrace Yoga's Roots, Susanna Barkataki - Read at leisure



## PROGRAM READINGS & PAPERS (continued)

### Memorize the PYC Flow

Memorize the PYC Flow in this document. By coming to the training with the PYC Flow memorized we will be able to jump right into the nuts and bolts of how to teach with ease and joy. Practice memorizing the flow by writing it out, series by series, and by saying it out loud.

### 1- Audit 3 yoga classes online or in-person

You will explore the world of yoga by going out and experiencing three different styles of yoga with the curiosity to discover how different styles of yoga feel in your body and to observe how different teachers teach. Ashtanga, Kundalini, Bikram, Anusara, Yin, Restorative...etc). After you observe the class, take time to journal what you experienced.

### 2- Write a 3-5 page paper on the Yoga Sutras vs Religious text

Write a paper that compares and contrasts your understanding of the yoga sutras in relation to a religious text that resonates with you. (Bhagavad Gita, Bible, Koran, Course in Miracles...etc) If you do not resonate with any religion or spiritual text, please write about that and your learning in reading about the sutras. Discuss the lessons and philosophies that you find in both and how they contribute to your spiritual growth and self-understanding. How are they relevant to you in your path thus far? Studying the sutras can be a whole 200hr training in itself, so please just read and investigate the concepts and theme of the sutras to use for your paper.

Suggested reading for reference:

- The Yoga Sutra of Pantanjali, Chip Hartranft
- Bhagavad Gita, Mitchel • In your required reading book Heart of Yoga, there is a version of the Yoga Sutras in the back that you could also use.

### 3- Write a 3-5 page paper on the Chakra Energy System

Using the suggested reading write a 3-5 page paper on the chakra energy system and specifically on how each chakra relates to you personally. What insights do you now have into your own physical and energetic blocks/openings? You do not need to re-introduce the chakras to us in the paper. We want to know how you have understood the information and how it relates to your personal experience.

Suggested reading for reference:

- Eastern Body Western Mind, Judith Anodea (Suggested reading for reference)

### 4- Teach SIX classes: Teach six one (1) hour or longer classes in person or online.

These can be group or private classes with friends, family, or co-workers. Create documentation in the form of a list with dates, times and guests names.



## PROGRAM READINGS & PAPERS (continued)

### 5- Yoga Philosophy and Group Discussions Paper

Write a 1-2 page paper comparing and contrasting the philosophies of the yoga history readings with the transformational themes throughout our discussions in the training. Draw the parallels between the tools and insights that you now have and the ancient philosophies and how you can specifically share them in your classes in such a way that is relatable to your students. Discuss why self-inquiry is important, and how ancient yoga philosophy is relevant and made modern today through the transformation conversations you experienced.

Suggested reading for reference:

- Heart of Yoga, Desikachar
- History of Yoga, Feuerstein

### 6- Yamas/Niyamas Reflection Paper

Write a 1-2 page paper on the 5 yamas and 5 niyamas. You can write a short paragraph for each one and how they relate to you personally. Expand on them as practices as a yogi, a yoga teacher, and in your life off your mat.

Suggested reading for reference:

- Heart of Yoga, Desikachar
- History of Yoga, Feuerstein

### 7- Being of Service and Reflection Paper

You will create an opportunity to bring yoga to a new community (church, non-profit organization, school, worksite, food bank, hospital, shelter, park) where you cause a change in people's daily lives with the magic of yoga.

Write a 1-2 page paper on your reflections on being of service. What insights do you have from your experience of service and from the PYC teacher training that have opened you to a new way of living powerfully for others.

### 8- Anatomy Test

In your PYC Manual (which will you receive prior to training), all of the questions for the anatomy test can be found. This will be an open book test where you will gain a deeper understanding of the anatomy and physiology of the body.



*discover*  
YOUR TRUE  
AUTHENTIC SELF

SUGAR RIDGE  
*retreat centre*



## CERTIFICATION REQUIREMENTS OVERVIEW

1. Audit 3 classes
2. Yoga Sutras vs Religious text paper
3. Chakra Energy System paper
4. Teach 6 classes to friends, family members, co-workers, etc
5. Yoga Philosophy and Group Discussions paper
6. Yama/Niyama paper
7. Being of Service and Reflection paper
8. Anatomy test

## APPROVAL

Power Yoga Collective 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 Collective classes, boot camps 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 its 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.
- Transformational  
Includes self-inquiry and group dialogue that arouses inner questioning regarding authenticity and integrity.

## ADMISSION REQUIREMENTS

1. If you are under 18, parental permission is required.
  2. Must have an open mind, willingness to learn, and be coachable.
  3. Complete an application for admission. Application to the program does not guarantee acceptance.
  4. Complete admission interview by scheduling an appointment with the Director of Growth
  5. Have a regular yoga practice.
  6. Complete admission interview by scheduling an appointment with the school director.
- Admission requirements must be completed prior to the 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 & Power Yoga Collective 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.





## PAPERS & HOMEWORK

To graduate, a student must complete all required assignments and homework given throughout the program. This includes community service and personal reflective journaling.

100% participation and attendance in the program are required in order to receive your certification. If there is an emergency or unforeseen reason for you to miss time, you are responsible to make up the time through program embodiment with fellow classmates and may include teaching, journaling, or reflection on the content missed.

Students are required to make up all class hours missed, both excused and unexcused, by making arrangements with the school director. Make-up class fees are \$45 per hour for personal teaching from the director. Missed hours may also be made up by completing extra homework and papers. To make up for missed contact hours, students may organize into a small group to achieve the missed group experience on their own time.

We ask that all papers are handed in 2 months after the last day of the program however if you need an extension let the Program Director know.

All papers listed above at completion are to be sent in one email to the program director at [info@poweryogacanada.com](mailto:info@poweryogacanada.com).

## STUDENT CONDUCT

Students are required to follow all PYC rules and procedures. Students will be expected to behave in a professional manner at all times. Standards of conduct policies include, but are not limited to:

1. No sexual harassment of any type or form will be tolerated.
2. No substance use or abuse during school hours will be accepted.
3. No breach of confidentiality will be tolerated.



## TUITION, FEES & REFUNDS

### Tuition

Early Bird Tuition is \$4400 CAD plus HST  
 \* Sign up before May 4th, 2022 & Save \$400 CAD

Full Tuition is \$4800 CAD plus HST  
 \* Includes 6 months of Unlimited Online Yoga classes  
 \* Payment plans are available on request

### 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.

## BEING OF SERVICE SCHOLARSHIP

The intention of this partial scholarship is to empower those who have ambitions to become a Yoga Teacher who are doing great work within their communities and require financial assistance to continue doing the work they are doing.

## DIVERSITY SCHOLARSHIP

We are committed to diversifying the teaching community at PYC, therefore we invite all People of Colour (re: non-white people) to apply. The intention of this scholarship is to diversify the teaching community at PYC in order to create and sustain a more inclusive, equitable, and diverse space for PYC guests, therefore we invite all Black, Indigenous, and People of Colour to apply. If we are not intentionally including, we could unintentionally be excluding. Keeping in line with PYC's Core Value of Diversity & Belonging we want to ensure ALL people feel welcomed, see themselves represented, and have equal access.

## REFUNDS

1. The student will receive a full-tuition refund (minus a \$500 non-refundable deposit) if they cancel within 7 business days before the program begins.
2. No refunds will be made once the program has begun.



DEFFY  
*gravity*