



poweryoga
COLLECTIVE



200 HOUR YOGA TEACHER
TRAINING PROGRAM BROCHURE
WINTER 2024



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!



SEEK THE TRUTH: 200 HOUR PROGRAM

IMPACTFUL. TRANSFORMATIVE. LIFE-CHANGING

The 200 Hour 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 are able to participate 1) In-person and online or 2) Fully online.

This is not like the other “online teacher trainings” you will find out there that are “downloadable, work on your own time” kind of programs. We are committed to delivering an exceptionally engaged group experience that is interactive and intimate whether you choose the in-person and online or fully online option. 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 10yrs and our hybrid program will be delivered with the same excellence and high standards. Our 200hr 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!

LOCATION

Participants are to choose from one of the two options:

1) In-person at [Power Yoga Canada Oakville](#) and Online

- Morning sessions are on Saturday and Sunday will be online while afternoon sessions are in-person (participants are given 90 minutes to make their way to PYC Oakville). Wednesday sessions are fully online.

2) Fully Online

REQUIRED TOOLS

- Computer or Tablet
- Zoom Application
- Access to WiFi/Internet
- Headphones & Microphone
- Yoga Mat
- Towel
- Yoga Clothes

DATES & TIMES

The program runs from January 2024 until April 2024 over 7 weekends and 11 Wednesday evenings. On Saturdays, you will meet from 9pm - 8pm EST, on Sundays from 8am - 4:30pm EST, and on Wednesdays from 6pm - 9pm EST. There are breaks for lunch and dinner during weekends.

Weekend Dates:

- January 13 & 14
- January 27 & 28
- February 10 & 11
- February 24 & 25
- March 2 & 3
- March 23 & 24
- April 6 & 7

Wednesday Dates:

- January 17, 24 & 31
- February 7, 14, 21 & 28
- March 6, 20 & 27
- April 3

PROGRAM OVERVIEW

Pre-Training: 5 hours

- Readings, Papers & Work

During Training: 180 hours

- 160 Contact Hours with a Yoga Alliance Experience Registered Yoga Teacher (E-RYT)
- Experiential Learning through practice teaching
- Discussion (partners, small group & larger group)
- Labbing (breaking down each and every yoga pose in the PYC Flow)

Post-Training: 15 hours

PROGRAM OVERVIEW continued

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

WEEKENDS

9:00 am - 12:00 pm: Yoga/Meditation/Lab
12:00 pm - 1:30 pm: BREAK
1:30 pm - 4:00 pm: Practice teaching
4:00 pm - 5:30 pm: Discussion
5:30 pm - 6:00 pm: Break
6:00 pm - 8:00 pm: Workshop

WEDNESDAYS

6:00 pm - 7:00 pm: Yoga
7:00 pm - 8:00 pm: Practice teaching
8:00 pm - 9:00 pm: Discussion

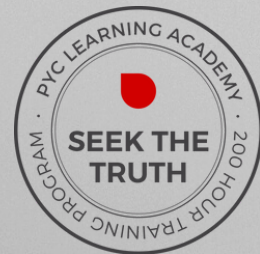
COMING INTO THE PROGRAM

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 OM's

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 OM's

*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 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. Yoga Philosophy and History Manual, Feurestien - Used for referential reading; chapters assigned during training. Online purchase by emailing 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

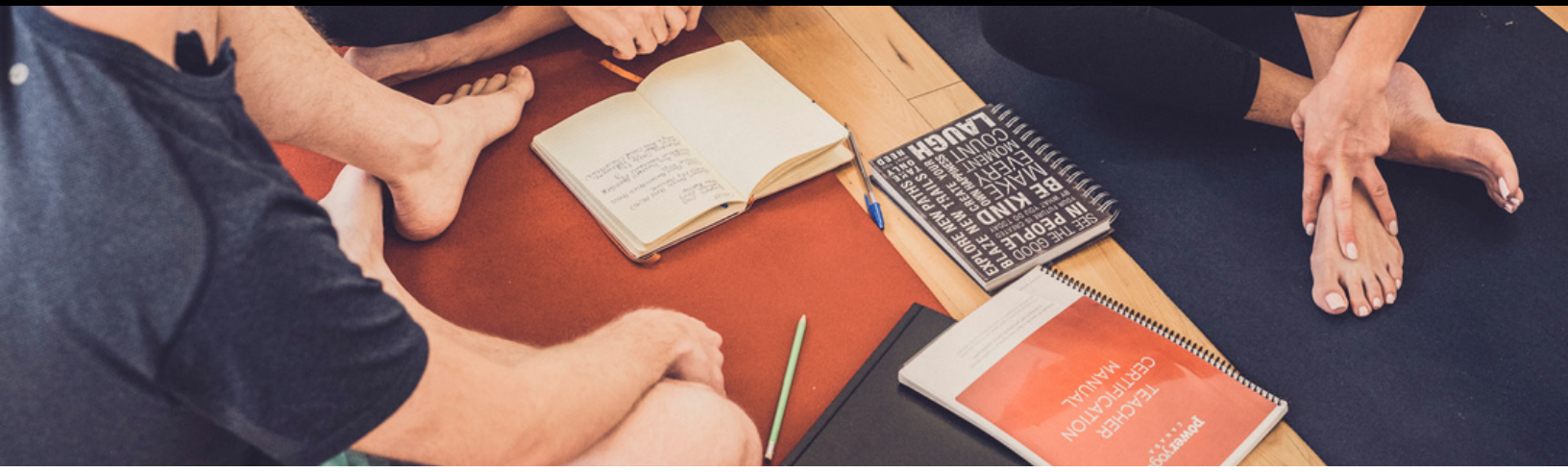
Using the suggested reading write a 3-5 page paper on the chakra energy system and specifically on how each chakra relates to you personally. What insights do you now have into your own physical and energetic blocks/openings? You do not need to re-introduce the chakras to us in the paper. We want to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



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.

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 \$3500 CAD plus HST

* Sign up before December 13, 2023 & Save \$400 CAD

Full Tuition is \$3900 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.

200 HR PARTIAL SCHOLARSHIP

We are always looking to empower our communities into action and if you are huge YES to participate in the 200hr YTT program but are limited financially or in another capacity and require assistance, we offer partial scholarships. We are a diverse community and are always looking to represent the communities our studios belong in to be inclusive of people from all walks of life. Why a partial scholarship? An important part of living powerfully is to be in exchange for energy and value. We will work with you to empower you to participate in the program within your personal situation through a one-on-one conversation with our Director of Growth. We are committed to dissolving the blocks that stop you from stepping into your power and participating in this 200hr YTT whether they are financial blocks or social barriers.

Who should apply:

- Any individual who is engaged with their community through volunteering, social activism, or community building
- Any individual who is engaging in work that contributes to positive change, growth, and increased awareness within their communities
- Anyone who requires financial assistance to continue doing the work they are doing

You can find the application on the program webpage on poweryogacanada.com

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.



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