poweryoga
CANADA

seek the truth

200 HOUR PROGRAM

Power Yoga Canada | 485 Trafalgar Road | Oakville, ON L6J 3J1
info@poweryogacanada.com | 905-403-9642

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 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
Wyebridge, 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 6th - 20th, 2018

Program Starts at 5:00 pm on July 6th. 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 20th. 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

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JOURNEY INTO POWER (JIP) SEQUENCE

PRESENCE: Integration

Child's Pose
Downward Facing Dog
Rag doll
Mountain Pose
3 OMs

AWAKENING: Sun Salutations

Sun Salutation A 5x
Sun Salutation B 5x
Flip Dog
Side Plank

VITALITY: Warrior Series

Crescent Lunge
Revolved Crescent Lunge
Warrior 2
Extended Side Angle
Utkatasana to Twist
Fingers to Toes Forward Fold
Utkatasana to Twist
Gorilla
Crow

EQUANIMITY: Balancing Series

Eagle (2 each side)
Standing Leg Raise
Airplane
Halfmoon
Dancer's Pose (2 each side)
Tree

GROUNDING: Triangle Series

Sun Sal B with Warrior 2
Triangle
Side Facing Wide Leg
Pyramid Pose
Twisting Triangle

IGNITING: Back Bending Series

Locust
Floor Bow
Upward Facing Dog
Camel
Bridge
Wheel
Supta Baddha Konasana
Dead Bug

STABILITY: Abdominal Series

Scissor Legs and 60/30 lift
Abdominal Twists
Boat Pose

OPENING: Hip Series

Half Pigeon
Double Pigeon
Frog

RELEASE: Forward Series

Seated Single Leg
Seated Forward Bend
Reversed Table Top

REJUVENATION: Inversions

Waterfall or Shoulder Stand
Plow Pose
Deaf Man's Pose
Fish

DEEP REST: Surrender to Gravity

Supine Twist
Savasana
3 Oms

CONTENT OVERVIEW FOR TRAINING

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 each of the assignments to guarantee that you get the most out of the training. Failure to complete any assignment will result in a noncomplete of the program and we will be unable to issue certification. Most of the papers and assignments are designed in a such a way to reflect not your memorization abilities but to see that you have assimilated the information into a practical and personal use, that you have made it your own to share. Remember that I am 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.

Pre-Training:

PRIOR to training you are required to complete the following and email papers together in one packaged email to Kinndli at info@poweryogacanada.com by **July 6th, 2017**. If you have hand written papers (for the class observations) you can take a picture of the hard copy and include the image in your email with other documents.

1. Memorize Journey Into Power (JIP) flow (see attached)

By coming to the training with the JIP 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.

2. Audit 3 classes and write 3 observation papers

You will explore the world of yoga by attending 3 different styles of yoga at different yoga studios. (Ashtanga, Kundalini, Bikram, Anusara, Yin, Restorative...etc) Fill out the observation class form for each class you attend right after you take the class. Submit all 3 observation forms. I have attached in PDF and Word for easy editing.

CONTENT OVERVIEW FOR TRAINING (continued)

3. 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.

4. Write a 3-5 page paper on the chakra energy system

Using the suggested reading and/or other sources of inspiration write a 3-5 page paper on the chakra energy system and specifically on how it relates to you. What insights do you now have into your own physical and energetic blocks/openings. You do not need to re-introduce the chakras to me in the paper, I want to know how you have understood the information and how it relates to your personal experience in your body and life.

Suggested reading for reference:

- **Eastern Body Western Mind**, Judith Anodea

5. Purchase the following books and complete the required readings:

Journey Into Power, Baron Baptiste
Read: entire book

Heart of Yoga, Desikachar
Read: entire book

History of Yoga, Feurestien (only available for purchase on line here:
http://www.traditionalyogastudies.com/t-t-manual/
Read: entire book (review “Test Yourself” for each chapter)

CONTENT OVERVIEW FOR TRAINING (continued)

Voice of Knowledge, Don Miguel Ruiz
Read: entire book

Art of Possibility, Benjamin Zander
Read: entire book

The Key Muscles of Yoga, Ray Long & Chris Macivor
Read: entire book

During Training:

- You will learn to teach, assist, lead, demonstrate, inspire and present the JIP system of yoga.
- You will be reading and completing an open book test on anatomy and physiology.
- You will complete a short paper on the Yamas and Niyamas.
- You will begin a daily meditation practice.
- You will journal your personal reflections of awareness, including your breakdowns and breakthroughs.

Post Training:

Post training you are required to complete the following to acquire your official 200 hr certification.

Due **Oct 20th, 2018** (if you require an extension please connect with Kinndli)

1. 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.

- **Heart of Yoga**, Desikachar
- **History of Yoga**, Feurestien

CONTENT OVERVIEW FOR TRAINING (continued)

2. Being of Service & 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 change in peoples daily lives with the magic of living yoga. (this may or may not involve the asana of yoga)

Ideas:
- Local non-profit organization (soup kitchen, women's shelter)
- Offer yoga to a running race group or triathlon group
- Bring meditation and/or yoga to a homeless shelter
- Offer yoga at a school in a low-income area
- Bring meditation to special populations like the elderly
- Volunteer for habitat for humanity

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.

3. Teach 6 classes

Teach 6 one hour or longer classes. These can be group or private classes with friends, family, or co-workers. Submit documentation in the form of a detailed list with dates/clients.

4. Observe 2 classes

Contact your local PYC studio's Director of Yoga and request a time to sit and observe 2 classes. You will watch and look and listen for how the teacher holds the energy of the room, speaks to Methodology and makes themselves available before and after class for connection and community. Before the teacher begins, ask them what part of their teaching they are working on. Then connect with them after to reflect on how you saw the tool being put into action. Share with them 1-2 teaching strengths that you observed (i.e. spoke to TNA, strong voice presence, landed 5 Pillars).

CONTENT OVERVIEW FOR TRAINING (continued)

Book List:

- **Journey Into Power**, Baron Baptiste
- **Heart of Yoga**, Desikachar
- **History of Yoga**, Feurestien
  (online purchase http://www.traditionalyogastudies.com/t-t-manual/)
- **Voice of Knowledge**, Don Miguel Ruiz
- **Art of Possibility,** Benjamin Zander
- **The Key Muscles of Yoga**, Ray Long & Chris Macivor

Suggested Reading:

- **40 Days to Personal Revolution**, Baron Baptiste
- **Sacred Commerce**, Engelhart
- **A New Earth**, Echart Tolle
- **Anatomy of the Spirit**, Caroline Myss
- **A Return to Love**, Marianne Williamson
- **Good to Great**, Collins

Resources for Papers:

- **Eastern Body Western Mind**, Judith Anodea
- **Bhagavad Gita**, Mitchel
- **The Yoga Sutra of Pantanjali**, Chip Hartranft

APRROVAL

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

EMPLOYMENT OPPORTUNITIES

The demand for well-trained certified yoga teachers has grown exponentially. It is estimated that 15-18 million Americans are practicing yoga today. The PYC Learning Academy cannot guarantee employment after completion of certification. Continuing education and employment postings will be offered as an ongoing service.

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 oflearning 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.

PAPERS & HOMEWORK

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

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.

PROBATION, DISMISSAL & RE-ADMITTANCE

Students that miss too many contact hours and do not complete assignments will be put on probation and subject to dismissal. Students may submit an additional essay assigned by the director to be lifted from probation.

STUDENT CONDUCT

Students are required to follow all school 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 allowed.
2. No substance use or abuse during school hours will be accepted.
3. No smoking allowed on school property.
4. No breach of confidentiality will be tolerated.

Professional appearance and personal hygiene will be maintained at high standards. Failure to comply with the standards of conduct will be handled by the director. Failure to comply will lead to the following ramifications: Conduct warning, or dismissal.

LEAVES OF ABSENCE

Due to medical disability, a leave of absence will be granted. In the event of a leave of absence, the student will have to reapply for the next available session and pay the difference, if any, of any remaining tuition.

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ATTENDANCE & TARDINESS

One hundred percent attendance is required. Any missed hours will have to be made up before graduation. All hours must be documented accurately. If the instructor must spend extra time with the student to make up information missed, the student will be assessed a $45 per hour fee due at the time of make up. Students who fail to keep make up times and/or who fail to pay the fee will be dismissed. Tardiness will not be tolerated and will result in dismissal. All classes will start on time and students are expected to be present and ready to participate at the appointed starting time.

Students are expected to notify the school if they intend to withdraw from the program.

STUDENT COMPLAINTS

Time will be allotted to discuss any concerns they may have regarding the program. Complaints may be presented to the director, at which time it may be decided to meet to address the issue. The final decision will be made by the director.

TUITION, FEES & REFUNDS

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 (minus the $500 non-refundable deposit) if they cancel within 7 business days before the program begins.
3. No refunds will be made once the program has begun.

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.