

poweryoga

COLLECTIVE



deepen your
practice

40 HOUR PROGRAM



WELCOME FROM THE DIRECTOR

We are thrilled that you have joined this program! You have made a powerful commitment to deepen your understanding of not only your practice, but yourself as a being having a human experience. 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.

The way we execute our mission statement is by following the core values extracted from a book called, *The Collaborative Way* that we have implemented amongst our studios, teachers, and energy exchange programs:

- Listening Generously
- Speaking Straight
- Being for Each Other
- Honouring Commitments
- Acknowledgments & Appreciation
- Diversity & Belonging

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 close the gap between the illusion that we are alone and to create a place 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 yoga studio in November 2009 and we have been sharing hot sweaty power yoga ever since! There are Power Yoga Canada yoga studios now throughout the Greater Toronto area all the way up to Sudbury. With the growth and interests from outside Canada we needed to grow our community both online and in international yoga studios to allow for our reach to expand globally.

Power Yoga Collective is now the umbrella community that encompasses and houses all of our Power Yoga Canada studios, yoga teacher trainings, continuing education modules, retreats and membership platform. Power Yoga Collective is committed to growth and supports each student as they transform themselves into authentic and powerful people: physically, mentally and spiritually.



DEEPEN YOUR PRACTICE: 40 HOUR PROGRAM

Join Kinndli, PYC Co-Founder, for this NEW program designed to give you access to DEEPEN your PRACTICE everywhere in your life. Have you ever been curious about deepening your understanding of the yoga practice and yourself? This 40hr program will take you through inquiry and exercises both on and off the mat that will awaken in you a new understanding of yourself and your yoga practice. This program is for everyone and anyone who has been inspired and interested to learn more about yoga and how to live the practices in your life and in your relationships.

During the program you will delve into the practice of yoga and discover:

1. Alignment- You will learn functional alignment to empower you to understand the yoga poses.
2. Self Discovery- Through journaling and group discussions you will be taken through an inquiry about yourself and how you can live a life with intention and on purpose.
3. PYC Culture- You will be given a backstage access pass to learn how we bring the PYC culture to life. You will discover empowering tools for collaborating and working powerfully in groups.

A photograph of a person with dark skin lying on their back on a black yoga mat. They are wearing a red long-sleeved shirt. Their eyes are closed, and their hands are resting on their forehead. Two other people, wearing green long-sleeved shirts, are leaning over them, with their hands also resting on the person's forehead. The background is a wooden floor with a yellow and black checkered pattern.

BE

present

power yoga

COLLECTIVE

PROGRAM OVERVIEW

LOCATION

The entire program is held on Zoom from the comfort of your own space.

REQUIRED TOOLS

- Computer
- Zoom Application
- Access to WiFi/internet
- Headphones/microphone
- A mat
- A towel
- Yoga clothes

DATES & TIMES

The program runs from June 19 to July 14 over 4 Saturdays and 4 Wednesday evenings. On Saturdays you will meet from 8am - 3pm EST and on Wednesdays you will meet from 6pm - 8pm EST.

Saturdays 8am-3pm:

- June 19
- June 26
- July 10
- July 17

Wednesdays 6-8pm:

- June 23
- June 30
- July 7
- July 14

PROGRAM OVERVIEW

A typical day consists of the following schedule and all times are EST (subject to change):

SATURDAYS

8:00 Welcome & Check in
8:30 Movement & Meditation
9:30 Discussion
11:30 Break
12:30 Discussion
3:00 END

WEDNESDAYS

6:00 pm - 7:00 pm: Yoga
7:00 pm - 8:00 pm: Discussion

PROGRAM OVERVIEW continued

YOGA EXPERIENCE

Come as you are. We believe that Power Yoga is for every body and you just need to come with an open heart and open mind.

PROGRAM READING

- Don Miguel Ruiz, The Four Agreements: A Practical Guide to Personal Freedom

TUITION, FEES & REFUNDS

Tuition

Early Bird Tuition is \$650 CAD plus HST
* Sign up before June 12th, 2021 & Save \$100 CAD

Full Tuition is \$750 CAD plus HST

DIVERSITY SCHOLARSHIP: We are committed to diversifying the community at PYC, therefore we invite all People of Colour (re: non-white people) to apply. The intention of this scholarship is to diversify our 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 one of PYC's Core Value of Diversity & Belonging we want to ensure ALL people feel welcomed, see themselves represented and have equal access.

REFUNDS

No refunds will be made once the program has begun.

THANK YOU

Thank you for your interest in the Power Yoga Collective Deepen Your Practice Training. We look forward to providing you with a transformational experience. We hope you will join us this exciting journey! Feel free to contact us with any questions you have about our program by emailing nick@poweryogacanada.com.



DEFY

gravity

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