



**power yoga**  
COLLECTIVE



200 HOUR YOGA TEACHER  
TRAINING PROGRAM BROCHURE  
**WINTER 2026**



## 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 and have new studios in Ohio, USA. Power Yoga Collective is now the umbrella community that encompasses and houses all things Power Yoga Canada including:

- Power Yoga Canada Studios & Power Yoga Collective Studios
- Yoga Teacher Trainings
- Continuing Education Modules
- Retreats
- Teachers HUB
- 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.

The Training is offered both live, in-person and is live-streamed through Zoom, simultaneously recorded, and then available to all participants. The program runs from January 2026 until April 2026 over 7 weekends & 11 Wednesday evenings (dates & times found on page 4).

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

- On Saturday and Sunday the sessions will be online while afternoon sessions are in-person (participants are given 90 minutes to make their way to Power Yoga Canada 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 & LOCATION

The Training runs from January 2026 until April 2026 over 7 weekends & 11 Wednesday evenings. There are breaks for lunch and dinner during weekends. The Training is delivered online and in-person with the option of being fully online. On Saturday, and Sunday, everyone in the Training is online TO begin for 3 hours and then given a 90-minute break before the program begins again in person at PYC Oakville.

### Times:

- Saturdays from 9 am - 8 pm EST
- Sundays from 8 am - 4:30 pm EST
- Wednesdays from 6 pm - 9 pm EST

### Weekend Dates:

- January 17 & 18
- January 31 & February 1
- February 14 & 15
- February 28 & March 1
- March 7 & 8
- March 28 & 29
- April 11 & 12

### Wednesday Evening Dates:

- January 21 & 28
- February 4, 11, 17 & 25
- March 4, 11 & 25
- April 1 & 8

## 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 if you have signed up last minute, we will work with you to successfully complete all of the course work after the program.

## 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 A (3 - 5 Times)  
Extended Mountain Pose  
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 coming forward, Chair instead of Extended Mountain)

Sun 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



## PYC FLOW SEQUENCE

### 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

### AWARENESS SERIES (Triangle)

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

### AWARENESS SERIES (Backbend)

Vinyasa  
 High plank  
 Lay down  
 Locust with Hands by Side Body  
 Locust with Hands interlaced  
 Floor Bow  
 Upward Facing Dog  
 Down Dog  
 Camel  
 Bridge  
 Wheel  
 Cobbler's Pose  
 Happy Baby

### INTUITION SERIES (Hip Openers)

Half Pigeon- R  
 Half Pigeon- L  
 Double Pigeon-R  
 Double Pigeon- L  
 Frog

### INTUITION SERIES (Forward Folds)

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)  
 Supine Twist (both sides)  
 Savasana  
 3 OM's

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



## PROGRAM COURSE WORK

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: please read all before program begins

1. *The Power Yoga Handbook*, McCollum
2. *Voice of Knowledge*, Ruiz
3. *Art of Possibility*, Zander
4. *Heart of Yoga*, Desikachar
5. *The Key Muscles of Yoga*, Long & Macivor

## SUGGESTED BOOKLIST: use for future inspiration and reference

6. *P.I.V.O.T.*, Caballero
  7. *A New Earth*, Tolle
  8. *Anatomy of the Spirit*, Myss
  9. *A Return to Love*, Williamson
  10. *Eastern Body Western Mind*, Anodea
  11. *Bhagavad Gita*, Mitchel
  12. *The Yoga Sutra of Pantanjali*, Hartranft
  13. *Yoga Philosophy and History Manual*, Feurestien
- (Online purchase by emailing [tyslearning@gmail.com](mailto:tyslearning@gmail.com))



## PRE PROGRAM REQUIREMENTS (complete before program start)

### READ the Required Book List

- *The Power Yoga Handbook*, McCollum (purchase and bring to program)
- *The Key Muscles of Yoga*, Long & Macivor (purchase and bring to program)
- *Voice of Knowledge*, Ruiz (great audio book)
- *Art of Possibility*, Zander (great audio book)
- *Heart of Yoga*, Desikachar (keep for future reference)

### MEMORIZE the PYC Flow

Memorize the PYC Flow (page 7-8). 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.





## POST PROGRAM REQUIREMENTS (complete after program)

- **Teach Six (6) Classes**

These classes can be group or private sessions and may include friends, family, or co-workers and can be taught in person or on-line. Create a log that includes the date, time, and names of attendees for each class to submit with your post work.

### IMPORTANT:

Of the six classes you teach, you will record 2 of the classes for feedback.

1. One you will record just the audio and send in for feedback from Kinndli.
2. One you will record a video of yourself teaching and after which you will then practice to your own class, self-assess and give yourself feedback for your class.

- **Audit 3 yoga classes other than PYC in-person (or on-line)**

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 using the Audit form in the back of your PYC Manual.

- **Chakra Energy System Paper**

Write a 2-3 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, Anodea)



## POST PROGRAM REQUIREMENTS (complete after program con't)

- **Yoga Sutras vs Religious Text Paper**

Write a 2-3 page 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, Hartranft or Bhagavad Gita, Mitchel . Also, in your Heart of Yoga book, there is a version of the Yoga Sutras in the back that you could also use.)

- **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)

- **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.

- **Anatomy Quiz**

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- Teach 6 classes to friends, family members, co-workers, etc
  - Submit recorded audio for feedback
  - Submit self-assessment of one video-recorded class
- 2- Audit 3 classes
- 3- Chakra Energy System paper
- 4- Yoga Sutras vs Religious Text paper
- 5- Yoga Philosophy and Group Discussions paper
- 6- Being of Service & Reflection paper
- 7- Anatomy Quiz

## APPROVAL

Power Yoga Canada/Power Yoga Collective School is approved by the Yoga Alliance Registrar 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



## 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. Have a regular yoga practice.
5. Complete admission conversation with the Director of Growth by emailing Nick at [nick@poweryogacanada.com](mailto:nick@poweryogacanada.com)

## PYC TEACHERS HUB

At PYC, we believe that graduating from teacher training isn't the finish line—it's the launch pad. That's why we've created the PYC Teachers HUB—a continuing education platform designed to inspire your teaching, sharpen your tools, and keep you deeply connected to your purpose and your community. Upon completion of the program you will be provided with 12 months of FREE access!

*What's Inside the PYC Teachers HUB?*

- Monthly Content Drops to fuel your growth
- Pose of the Month: Detailed pose breakdowns to enhance your understanding
- Alignment Focus: Master key principles of alignment focus
- Teaching Tools: Learn essential yoga pillars, cues & tools to deepen your teaching
- Audio Teaching Tips: Listen to these tips to receive inspiration.

## 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.





## COURSE WORK & PARTICIPATION

To graduate, a student must complete all required assignments, recordings, quiz and papers given throughout the program. This includes being of 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. Make-up class fees are \$75 per hour if you request personal teaching from the director.

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 program hours will be accepted.
3. No breach of confidentiality will be tolerated.





## TUITION, FEES & REFUNDS

### Tuition

Super Early Bird Tuition is \$3200 CAD + HST (\$2900 USD)

\* Sign up before September 17, 2025 & Save \$700

Early Bird Tuition is \$3500 CAD + HST (\$3200 USD)

\* Sign up before December 17, 2025 & Save \$400

Full Tuition is \$3900 CAD + HST (\$3600 USD)

All tuition 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 at [poweryogacanada.com](http://poweryogacanada.com)

## REFUNDS

1. The student will receive a full refund (minus a \$500 non-refundable deposit for admin fees) if they cancel within 30 business days before the program begins. The \$500 cannot be used towards future programs/services at any PYC location.
2. No refunds will be made once the program has begun.



DEFY  
*gravity*