



poweryoga
COLLECTIVE



300 HOUR YOGA TEACHER
TRAINING PROGRAM BROCHURE

FALL 2025



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.



LIVING WITH PURPOSE: 300 HOUR PROGRAM

IMPACTFUL. TRANSFORMATIVE. LIFE-CHANGING.

Take your teaching to the next level with the 300 hour Living with Purpose Teacher Training. Learn advanced techniques, further develop your leadership skills and build on the foundation you already have with your 200 hour Certification! Deepen your understanding of how to use yoga as a healing modality and utilize powerful tools for personal transformation. Power Yoga Collective's 300 hour Yoga Teacher Training is designed for you to work towards your 500 hour Yoga Alliance Certification (200 + 300 = 500 hour). Your 200 hour Certification is the foundation of your education and is required to participate in this program (your 200 hour training can be from any yoga school).

The Training is offered both live, in-person and is live-streamed through Zoom, simultaneously recorded, and then available to all participants.

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 15 years and our hybrid program will be delivered with the same excellence and high standards.



LOCATION

Participants are to choose from one of the two options:

1. In-person at [Power Yoga Canada Oakville](#) and Online
 - a. On Saturday and Sunday the sessions will begin online for approximately 3 hours while afternoon sessions are in-person (participants are given 90 minutes to make their way to Power Yoga Canada Oakville).
2. Fully Online

REQUIRED TOOLS

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

REQUIRED CERTIFICATION TO PARTICIPATE

You must have a 200 hour Yoga Alliance Certification in order to participate in this program. You do not have to have completed the PYC 200hr training, it can be another yoga schools 200 hour program. Please keep in mind in order to teach at a PYC Studio you are required to have completed our PYC 200 Hour Yoga Teacher Training Program.



create
balance

PROGRAM STRUCTURE

The 300 hour Yoga Teacher Training is comprised of 4 required components:

1. Weekend intensives
2. Life on Team (assist 1 weekend with PYC 200 hour Winter 2026 Teacher Training)
3. Mentor a Mentee (3 hours)
4. Elective Modules (100 hours; not included in this program)

The remaining hours will be self-study and applied learning/teaching.

1- Weekend intensives

During Saturdays you will meet from 9am - 8pm Eastern and during Sunday you will meet from 8am - 5pm Eastern.

1. October 4 - 5, 2025
2. November 1 - 2, 2025
3. December 6 - 7, 2025
4. January 10 - 11, 2026
5. February 7 - 8, 2026
6. April 18 - 19, 2026
7. May 23 - 24, 2026

2- Life on Team: will you see assisting 1 weekend in an upcoming 200 hour program.

3- Mentor a Mentee: will see you mentoring our 200 hour Yoga Teachers or other members of the community in order to help facilitate and develop your skills as a facilitator and leader. We will work with your availability.

4- Elective Modules (100 hours required to complete; not included in program):

The remaining 100 hours for your full 300 hour certification are elective modules and you get to choose to participate in any of the following to add up to 100hrs. You may have already participated and YES you can use those towards your 300hr. (for example; if you have already participated in Assisting Intensive Level 1, and Trauma Sensitive training you will already have 65hrs of the elective modules. You will only need 35 more hours of electives).

Here is a list of accepted Elective Modules at PYC:

Aligned Yoga (25hr)	Kids Yoga (20hr)
Assisting Intensive Level One (40hr)	Mindfulness & Meditation (50hr)
Assisting Intensive Level Two (20hr)	Power Sculpt (10hr)
Ayurveda (10hr)	Prenatal Yoga (20hr)
Corporate Private Yoga Training (25hr)	Restorative (20hr)
Chakras and Energy (20hr)	SUP Yoga Training (16hr)
Deep Flow (6hr)	Trauma Sensitive Training (20hr)
	Yin Yoga (25hr)



TUITION, FEES & REFUNDS

Tuition

Super Early Bird Tuition is \$2800 CAD + HST (\$2500 USD + Tax)

* Sign up before August 4th, 2025 & Save \$400

Early Bird Tuition is \$3000 CAD + HST (\$2700 USD + Tax)

* Sign up before September 4th, 2025 & Save \$200

Full Tuition is \$3200 CAD + HST (\$2900 USD + Tax)

All tuition includes 6 months of Unlimited Online Yoga classes

* Payment plans are available on request

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.

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 application for admission.
4. Have a regular yoga practice.

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.



PROGRAM READINGS

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 required booklist.

REQUIRED BOOKLIST

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

1. Power Yoga Handbook by Kinndli McCollum - [click here](#) to buy
2. Pivot by Pauline Caballero - purchase as e-book on Amazon ([buy in USA](#) or [buy in Canada](#))
3. How can I help? by Ram Das
4. How Yoga Works by Michael Roach
5. Anatomy of the Spirit by Carolyn Myss
6. The Key Poses of Yoga by Ray Long (all of the Ray Long series)
7. Eastern Body Western Mind by Anodea Judith

YOGI MUST-HAVES

1. Light on Yoga by B.K.S. Iyengar
2. Autobiography of a Yogi by Paramahansa Yogananda
3. A Return to Love by Marianne Williamson
4. Power of Now by Eckhart Tolle
5. The Collaborative Way by Lloyd Fickett

REFERENTIAL BOOKS TO READ IN CLASS:

1. Journey to the Heart by Melodie Beattie
2. Meditations from the Mat by Rolf Gates
3. Everyday Osho by Osho
4. Warrior of the Light by Paolo Coelo



embrace
growth