

**power**yoga

COLLECTIVE



200 HOUR YOGA TEACHER  
TRAINING PROGRAM BROCHURE

**WINTER 2027**



## 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 and New York, 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 live contact hours with PYC Co-Founder Kinndli McCollum and other E-RYT Lead Facilitators.

We are committed to delivering an exceptionally engaged group experience that is intimate and community-driven across multiple pod locations. 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 17 years and this 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!

## DATES

The Training runs from January 2027 until April 2027 over 7 weekends & 12 Wednesday evenings. There are breaks for lunch and dinner during weekends. The Training is delivered online and in-person. 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 resumes.

## 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 16 & 17
- January 30 & 31
- February 6 & 7
- February 20 & 21
- March 6 & 7
- April 3 & 4
- April 17 & 18

## Wednesday Evening Dates:

- January 20 & 27
- February 3, 10, 17 & 24
- March 3, 10, 24 & 31
- April 7 & 14

## LOCATION

The Winter 2027 200 Hour Yoga Teacher Training is delivered as one unified program across multiple pod locations. Everyone is together on Saturday mornings, Sunday mornings, and Wednesday evenings. Everyone splits into pods on Saturday afternoons/evenings and Sunday afternoons. Your in-person pod location will be one of the following:

- Oakville, Ontario
- Cleveland, Ohio
- Pound Ridge, New York

(ZOOM for fully online participants will also be available).

## HOW THE TRAINING WORKS

**ONLINE:** All trainees are together for the shared core sessions each week on Zoom:

- Saturday mornings: 9:00 am–12:00 pm EST
- Sunday mornings: 8:00 am–11:00 am EST
- Wednesday evenings: 6:00 pm–9:00 pm EST

**IN-PERSON:** For the weekend afternoon sessions, trainees move into their assigned pod location:

- Saturday pod sessions: 1:30 pm–8:00 pm EST
- Sunday pod sessions: 12:30 pm–4:30 pm EST

Every participant is part of one larger Winter 2027 program and embodied learning through intimate pod-based cohorts.

## 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

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

### SATURDAY

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

### SUNDAY

8:00 am - 11:00 am: Discussion  
 11:00 am - 12:30 pm: BREAK  
 12:30 pm - 2:00 pm: Practice teaching/Yoga  
 2:00 pm - 3:30 pm: Workshop  
 3:30 pm - 4:30pm: Workshop/Yoga

### 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.

## REQUIRED TOOLS

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



BE *present*



## 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

1. *P.I.V.O.T*, Caballero
  2. *A New Earth*, Tolle
  3. *Anatomy of the Spirit*, Myss
  4. *A Return to Love*, Williamson
  5. *Eastern Body Western Mind*, Anodea
  6. *Bhagavad Gita*, Mitchel
  7. *The Yoga Sutra of Pantanjali*, Hartranft
  8. *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 ([click here](#) 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 & video resources). 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. You will be provided with helpful video resources to support you with memorizing the PYC Flow (upon registration).



## 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.

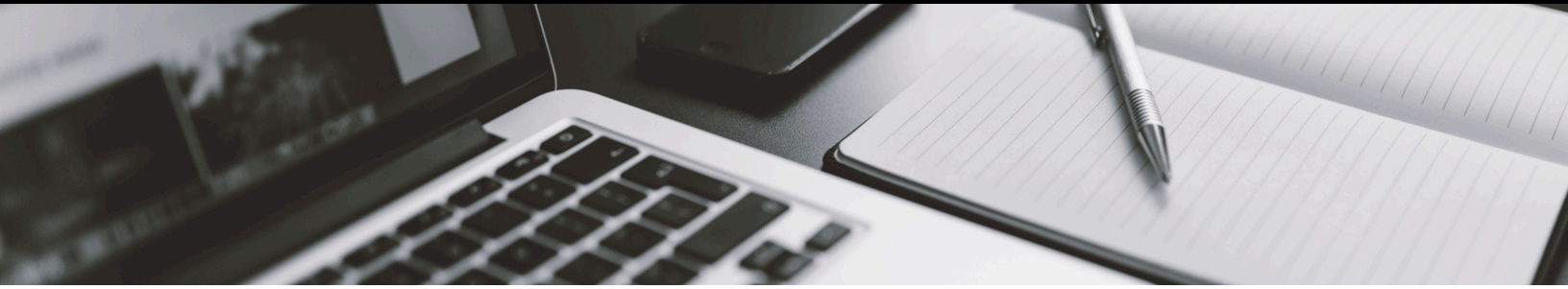
- **Audit 3 yoga classes other than PYC in-person (or on-line)**

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?*

- Stay connected with the PYC Team and other PYC Teachers
- Content Drops to fuel your growth
- 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 November 16, 2026 & Save \$700

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

\* Sign up before December 16, 2026 & 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.

# PYC FLOW SEQUENCE

The PYC Flow is the foundational sequence you will learn, embody, and be taught to teach throughout this program. On the following pages, you'll find both the PYC Flow Sequence as a clear overview and the PYC Flow Sequence (Long Version) for a more detailed breakdown of the postures, series, and progression. We ask all participants to begin memorizing the PYC Flow before the program begins so that, together, we can dive right into the art of teaching it with confidence, clarity, and ease.

## GROUNDING INTEGRATION SERIES

CHILD'S POSE  
DOWNWARD FACING DOG  
RAGDOLL  
EXTENDED MOUNTAIN  
TADASANA  
3 OMS

## ACTIVATING SUN SALUTATION SERIES

**SUN SALUTATION A**  
EXTENDED MOUNTAIN POSE  
FORWARD FOLD  
HALF LIFT  
LOW PUSH UP  
UPWARD FACING DOG  
DOWNWARD FACING DOG  
**SUN SALUTATION B**  
CHAIR POSE  
FORWARD FOLD  
HALF LIFT  
LOW PUSH UP  
UPWARD FACING DOG  
DOWNWARD FACING DOG  
WARRIOR I

## EMPOWERING WARRIOR SERIES

FLIP DOG  
SIDE PLANK  
CRESCENT LUNGE  
REVOLVING CRESCENT LUNGE  
WARRIOR II  
EXTENDED SIDE ANGLE  
CHAIR POSE PRAYER TWIST  
FINGERS TO TOES  
FORWARD FOLD/GORILLA  
CROW

**CORE OPTIONS**  
PLANK VARIATIONS  
KNEE TO NOSE  
FLYING CROW  
HOP THROUGH TO BACK  
HANDSTAND HOPS

## CENTERING BALANCING SERIES

EAGLE  
STANDING LEG RAISE  
AIRPLANE  
HALF MOON  
DANCER  
TREE

## AWARENESS TRIANGLE & BACKBEND SERIES

**TRIANGLE SERIES**  
TRIANGLE  
SIDE FACING WIDE LEG  
FORWARD BEND  
PYRAMID POSE  
TWISTING TRIANGLE  
**BACKBEND SERIES**  
LOCUST  
FLOOR BOW  
CAMEL  
BRIDGE  
WHEEL  
SUPTA BADDHA KONASANA  
HAPPY BABY

## INTUITION HIPS & FORWARD FOLDS SERIES

**HIP SERIES**  
HALF PIGEON  
DOUBLE PIGEON  
FROG  
**FORWARD FOLDS SERIES**  
SEATED SINGLE LEG  
EXTENSION  
STRADDLE SPLIT  
SEATED FORWARD FOLD  
REVERSED TABLE TOP/PLANK  
FISH

## CONNECTION DEEP REST SERIES

SHOULDER STAND (PLOW OR  
DEAF MAN'S POSE)  
WATERFALL  
SUPINE TWIST  
SAVASANA  
3 OMS

# PYC FLOW SEQUENCE (LONG VERSION)

## GROUNDING -Integration Series

Root Chakra/Earth Element/Ujjayi Pillar

Seated Easy Pose | Sukhasana

Child's Pose | Balasana

Downward Facing Dog | Adho Mukha Svanasana

Ragdoll | Uttanasana

Extended Mountain | Urdhva Hastasana

Mountain/Tadasana

Prayer Hands/Anjali Mudra

3 OMs

## ACTIVATING -Sun Salutations

Sacral Chakra/Water Element/Vinyasa Flow Pillar

### Sun Salutation A (3x) | Surya Namaskara A

Extended Mountain Pose | Urdhva Hastasana

Forward Fold | Uttanasana

Half Lift | Ardha Uttanasana

Low Push Up | Chaturanga Dandasana

Upward Facing Dog | Urdhva Mukha Svanasana

Downward Facing Dog | Adho Mukha Svanasana

Feet to Hands

Half Lift | Ardha Uttanasana

Forward Fold | Uttanasana

Extended Mountain Pose | Urdhva Hastasana

Forward Fold | Uttanasana

Half Lift | Ardha Uttanasana

Low Push Up | Chaturanga Dandasana

Upward Facing Dog | Urdhva Mukha Svanasana

Downward Facing Dog | Adho Mukha Svanasana

Feet to Hands  
 Half Lift | Ardha Uttanasana  
 Forward Fold | Uttanasana  
 Extended Mountain Pose | Urdhva Hastasana  
 Forward Fold | Uttanasana  
 Half Lift | Ardha Uttanasana  
 Low Push Up | Chaturanga Dandasana  
 Upward Facing Dog | Urdhva Mukha Svanasana  
 Downward Facing Dog | Adho Mukha Svanasana

### **Sun Salutation B (3x's) | Surya Namaskara B**

Feet to Hands  
 Half Lift | Ardha Uttanasana  
 Forward Fold | Uttanasana  
 Chair | Utkatasana  
 Forward Fold | Uttanasana  
 Half Lift | Ardha Uttanasana  
 Low Push Up | Chaturanga Dandasana  
 Upward Facing Dog | Urdhva Mukha Svanasana  
 Downward Facing Dog | Adho Mukha Svanasana  
 Warrior 1 | Virabhadrasana I - Right Side  
 Low Push Up | Chaturanga Dandasana  
 Upward Facing Dog | Urdhva Mukha Svanasana  
 Downward Facing Dog | Adho Mukha Svanasana  
 Warrior I | Virabhadrasana I - Left Side  
 Low Push Up | Chaturanga Dandasana  
 Upward Facing Dog | Urdhva Mukha Svanasana  
 Downward Facing Dog | Adho Mukha Svanasana (3 Breaths)

Feet to Hands

Half Lift | Ardha Uttanasana

Forward Fold | Uttanasana

Chair | Utkatasana

Forward Fold | Uttanasana

Half Lift | Ardha Uttanasana

Low Push Up | Chaturanga Dandasana

Upward Facing Dog | Urdhva Mukha Svanasana

Downward Facing Dog | Adho Mukha Svanasana

Warrior 1 | Virabhadrasana I - Right Side

Low Push Up | Chaturanga Dandasana

Upward Facing Dog | Urdhva Mukha Svanasana

Downward Facing Dog | Adho Mukha Svanasana

Warrior I | Virabhadrasana I - Left Side

Low Push Up | Chaturanga Dandasana

Upward Facing Dog | Urdhva Mukha Svanasana

Downward Facing Dog | Adho Mukha Svanasana (3 Breaths)

Feet to Hands

Half Lift | Ardha Uttanasana

Forward Fold | Uttanasana

Chair | Utkatasana

Forward Fold | Uttanasana

Half Lift | Ardha Uttanasana

Low Push Up | Chaturanga Dandasana

Upward Facing Dog | Urdhva Mukha Svanasana

Downward Facing Dog | Adho Mukha Svanasana

Warrior 1 | Virabhadrasana I - Right Side

Low Push Up | Chaturanga Dandasana

Upward Facing Dog | Urdhva Mukha Svanasana

Downward Facing Dog | Adho Mukha Svanasana

Warrior I | Virabhadrasana I - Left Side

Low Push Up | Chaturanga Dandasana

Upward Facing Dog | Urdhva Mukha Svanasana

Downward Facing Dog | Adho Mukha Svanasana (3 Breaths)

**EMPOWERING -Warrior Series**

Solar Plexus Chakra/Fire Element/Bandhas Core Pillar

Three Legged Dog -Right

Flip Dog | Camatkarasana -Right

High Plank

Side Plank | Vashistasana (left arm up)

Low Push Up | Chaturanga Dandasana

Upward Facing Dog | Urdhva Mukha Svanasana

Downward Facing Dog | Adho Mukha Svanasana

Three Legged Dog -Right

Flip Dog | Camatkarasana -Left

High Plank

Side Plank | Vashistasana (right arm up)

Low Push Up | Chaturanga Dandasana

Upward Facing Dog | Urdhva Mukha Svanasana

Downward Facing Dog | Adho Mukha Svanasana

Crescent Lunge | Anjaneyasana -Right

Revolving Crescent Lunge | Parivrtta Anjaneyasana

Warrior II | Virabhadrasana II -Right

Extended Side Angle | Utthita Parsvakonasana -Right

Low Push Up | Chaturanga Dandasana

Upward Facing Dog | Urdhva Mukha Svanasana

Downward Facing Dog | Adho Mukha Svanasana

Crescent Lunge | Anjaneyasana -Left

Revolving Crescent Lunge | Parivrtta Anjaneyasana

Warrior II | Virabhadrasana II -Left

Extended Side Angle | Utthita Parsvakonasana -L

Low Push Up | Chaturanga Dandasana

Upward Facing Dog | Urdhva Mukha Svanasana

Downward Facing Dog | Adho Mukha Svanasana

Feet to Hands

Half Lift | Ardha Uttanasana

Forward Fold | Uttanasana

Chair Pose | Utkatasana  
 Chair Pose Prayer Twist | Parivrtta Utkatasana -R  
 Fingers to Toes Forward Fold | Padangusthasana  
 Chair Pose | Utkatasana  
 Chair Pose Prayer Twist | Parivrtta Utkatasana -L  
 Gorilla | Padangusthasana  
 Crow | Bakasana  
 Low Push Up | Chaturanga Dandasana  
 Upward Facing Dog | Urdhva Mukha Svanasana  
 Downward Facing Dog | Adho Mukha Svanasana  
 Feet to Hands  
 Half Lift | Ardha Uttanasana  
 Forward Fold | Uttanasana  
 Extended Mountain | Urdhva Hastasana

## **CENTERING SERIES -Balancing Series**

Heart Chakra/Air Element/Drishti Eye Gaze Pillar

Eagle | Garudasana Right  
 Eagle | Garudasana Left  
 Eagle | Garudasana Right  
 Eagle | Garudasana Left  
 Standing Leg Raise | Utthita Hasta Padangustasana Front-R  
 Standing Leg Raise | Utthita Hasta Padangustasana Side-R  
 Airplane | Dekasana -R  
 Half Moon | Ardha Chandrasana -R  
 Forward Fold | Uttanasana  
 Extended Mountain | Urdhva Hastasana  
 Standing Leg Raise | Utthita Hasta Padangustasana Front-L  
 Standing Leg Raise | Utthita Hasta Padangustasana Side-L  
 Airplane | Dekasana -L  
 Half Moon | Ardha Chandrasana -L  
 Forward Fold | Uttanasana  
 Extended Mountain | Urdhva Hastasana

Dancer | Natarajasana Right  
 Dancer | Natarajasana Left  
 Dancer | Natarajasana Right  
 Dancer | Natarajasana Left  
 Tree | Vrksasana Right  
 Tree | Vrksasana Left

## **AWARENESS SERIES -Triangle & Backbend Series**

Throat Chakra/Space Element/Tapas Discipline Pillar

### **TRIANGLE SERIES**

Extended Mountain | Urdhva Hastasana  
 Forward Fold | Uttanasana  
 Half Lift | Ardha Uttanasana  
 Low Push Up | Chaturanga Dandasana  
 Upward Facing Dog | Urdhva Mukha Svanasana  
 Downward Facing Dog | Adho Mukha Svanasana  
 Warrior I | Virabhadrasana I -Right  
 Warrior II | Virabhadrasana II -Right  
 Triangle | Trikonasana -Right  
 Side Facing Wide Leg Forward Bend | Prasarita Padottanasana -Face Left  
 Pyramid Pose | Parsvottanasana -Right  
 Twisting Triangle | Parivrtta Trikonasana -Right  
 Low Push Up | Chaturanga Dandasana  
 Upward Facing Dog | Urdhva Mukha Svanasana  
 Downward Facing Dog | Adho Mukha Svanasana  
 Warrior I | Virabhadrasana I -Left  
 Warrior II | Virabhadrasana II -Left  
 Triangle | Trikonasana -Left  
 Bound Side Facing Wide Leg Forward Bend | Prasarita Padottanasana -Right Facing  
 Pyramid Pose | Parsvottanasana -Left  
 Twisting Triangle | Parivrtta Trikonasana -Left  
 High Plank  
 Lower to mat and lay on belly

**BACKBEND SERIES**

Locust / Salambasana

Rest Right Ear Down

Bound Locust / Salambasana

Rest Left Ear Down

Floor Bow / Dhanurasana

Rest Right Ear Down

Floor Bow / Dhanurasana

Rest Left Ear Down

Upward Facing Dog / Urdhva Mukha Svanasana

Downward Facing Dog / Adho Mukha Svanasana

Bring knees down

Camel / Ustrasana

Easy Pose Rest

Camel / Ustrasana

Cross Ankles Lay on Back

Bridge / Setu Bandhasana

Rest on Back

Bridge / Setu Bandhasana

Rest on Back

Wheel / Urdhva Dhanurasana

Rest on Back

Wheel / Urdhva Dhanurasana

Rest on Back

Wheel / Urdhva Dhanurasana

Reclined Bound Angel / Supta Baddha Konasana

Happy Baby / Ananda Balasana

**Abs**

30-60-90 Leg Raises - Flutter Kicks

30-60-90 Leg Raises - Cross Legs

Bicycle Crunches / Abdominal Twists

Rock & Roll

Low Push Up / Chaturanga Dandasana

Upward Facing Dog / Urdhva Mukha Svanasana

Downward Facing Dog / Adho Mukha Svanasana

**INTUITION SERIES -Hips and Forward Folds Series**

Third Eye Chakra/Light Element/Inner Drishti Pillar

**HIP SERIES**

Half Pigeon | Eka Pada Rajakapotasana -Right

Downward Facing Dog / Adho Mukha Svanasana

Half Pigeon | Eka Pada Rajakapotasana -Left

Sit Up and Swing Right Leg Around

Double Pigeon | Agnistambhasana -Right

Double Pigeon | Agnistambhasana -Left

Turn to Side on Hands and Knees

Frog | Mandukasana

Sit Up and Lay on Back

**FORWARD FOLDS SERIES**

Seated Single Leg Extension | Janu Sirasana -Right

Seated Single Leg Extension | Janu Sirasana -Left

Seated Forward Fold | Paschimottanasana (both legs out)

Reversed Table Top | Ardha Purvottanasana

Fish | Matsyasana

Lay on back

## CONNECTION SERIES -Deep Rest Series

Crown Chakra/Energy Element/ALL 5 Pillars

Waterfall | Viparita Karani

Shoulder Stand | Salamba Sarvangasana

Plow Pose | Halasana

Deaf Man's Pose | Karnapidasana

Roll Onto Back

Supine Twist | Supta Matsyendrasana Right (knees to left)

Supine Twist | Supta Matsyendrasana Left (knees to right)

Corpse Pose | Savasana

Fetal Position- roll to right

Easy Pose

Prayer Hands/Anjali Mudra

3 OMs



DEFFY

*gravity*