

# poweryoga

CANADA



# living with purpose

300 HOUR YOGA TEACHER TRAINING PROGRAM





## **POWER YOGA CANADA'S MISSION IS TO 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.

### **LIVING WITH PURPOSE: 300 HOUR PROGRAM**

Take your Yoga Teaching to the next level with the 300 hour Living with Purpose Online Program! 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 Canada'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).



## LOCATION

Participants are to choose from one of the two options:

- 1) In-person at Power Yoga Canada Oakville and Online
  - Morning sessions on Saturday and Sunday will be online while afternoon sessions are in-person (participants are given 90 minutes to make their way to PYC Oakville). Thursday sessions are fully online.
- 2) Fully Online

## REQUIRED TOOLS

- Computer/tablet/phone
- Zoom Application (free)
- Access to WiFi/Internet
- Headphones/microphone
- A yoga mat
- A towel
- Yoga clothes

## REQUIRED CERTIFICATION TO PARTICIPATE

You must have a 200 hour Yoga Alliance Certification training 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. In order to teach at a Power Yoga Canada studio or online you are required to have completed our PYC 200 Hour Yoga Teacher Training program.







**The 300hr Yoga Teacher Training program is made up of 4 requirements:**

1. Weekend intensives & Thursday Night Sessions (166 hours)
2. Life on Team (assist 1 weekend with PYC 200 hour 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 (20hrs)

**1. WEEKEND HOURS:** During Saturdays you will meet from 9am - 8pm EST, on Sundays from 8am - 4:30pm EST.

September 17 - 18: CAUSING MIRACLES

October 1 - 2: TEACHING vs LEADING

October 15 - 16: ADVANCED ANATOMY

October 29 - 30: DELIVERING & EXECUTING with PURPOSE

November 5 - 6: YOGA HISTORY & The ENERGY of CHAKRAS

November 19 - 20: CREATIVE SEQUENCING & MUSICALITY

December 3 - 4: LIVING YOUR YOGA & LEADERSHIP

**THURSDAY HOURS:** 6pm - 8pm EST

Sep 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, 24, Dec 1

**2. LIFE ON TEAM** will see you 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 FOR 300 HOUR CERTIFICATION COMPLETION** (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**

Aligned Yoga 25hr

Assisting Intensive Level One 40hr (required to teach at PYC)

Assisting Intensive Level Two 20hr

Corporate Private Yoga Training 25hr

Energy and Chakras 20hr

Facilitation 8hr

Kids Yoga 25hr

Meditation and Mindfulness 100hr

Mentorship: One on One 10hr

Nutrition and Wellness 10hr

Restorative 20hr

Trauma Sensitive Training 20hr

Yin Yoga 25hr





**NOTE:** This program is a Yoga Alliance credited program and has been approved to be delivered IN-PERSON & ONLINE therefore you will receive Yoga Alliance certification when all 300 hours have been completed. We understand that due to Covid we may not be able to host all of the 100 hour elective modules. There will be an intentionally long time frame to allow for all hours to be accumulated so all participants will have the time needed to participate in the elective modules of their choosing once we are able to host all of the modules again.

## 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. Application to the program does not guarantee acceptance.
4. Have a regular yoga practice.

## TUITION & FEES

Tuition includes 200hrs of required E-RYT Contact hrs as listed below. Tuition also includes access to online yoga platform membership. The remaining 100hrs are elective modules led by E-RYT and not included in the tuition above. Early Bird Tuition is \$2500 plus HST. Sign up before August 17th, 2022. Full tuition is \$2800 plus HST. If students require a payment plan, please reach out to the Director of Growth, Nick Vetro, [nick@poweryogacanada.com](mailto:nick@poweryogacanada.com)





## REFUNDS

If students request a refund 7 days before the program begins, a full refund minus a \$500 non-refundable deposit will be provided. No refunds will be provided once the program begins.

## THANK YOU

We appreciate you showing interest in the Power Yoga Canada Learning Academy and we look forward to providing you with a transformational experience. We will be constantly improving as we evaluate our programs with input from our students. We hope you'll join us for this exciting journey!