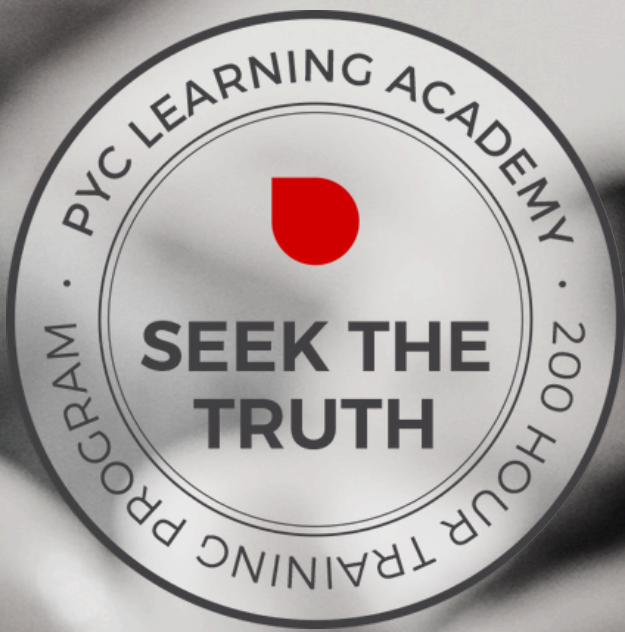


poweryoga
COLLECTIVE



200 HOUR YOGA TEACHER
TRAINING PROGRAM BROCHURE
SUMMER 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 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!



SUGAR RIDGE INTENSIVE RETREAT

SEEK THE TRUTH: 200 HOUR PROGRAM

IMPACTFUL. TRANSFORMATIVE. LIFE-CHANGING

The 200 Hour Summer 2025 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.

Featuring a hybrid approach, participants will complete pre-recorded modules before we go to the Sugar Ridge Retreat Centre, participants will attend one live Zoom session on Thursday, July 10th from 6 - 9pm Eastern Time before making their way to the Sugar Ridge Retreat Centre located in Wyebridge, Ontario from July 16th until July 25th where the program will take place.

We are committed to delivering an exceptionally engaged group experience that is interactive and intimate. 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 10 years, and our hybrid program will be delivered with the same excellence and high standards.

Our 200 hour 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 & ARRIVAL/DEPARTURE TIMES

The Summer Intensive 200 hour Program is broken up into 2 parts:

1. Pre-Training coursework + live Zoom session

- Pre-recorded modules to be completed at your own pace before we go to Sugar Ridge
- One Live Zoom session on Thursday, July 10th from 6-9pm Eastern Time

2. Intensive 10-day Training at Sugar Ridge Retreat Centre from July 16th - July 25th, 2025

- Program Begins on July 16th (arrive in the late afternoon)
- Program Ends on July 25th at 11am Eastern Time

You will need to access Zoom via computer or tablet for the online components. WiFi/Internet is required as well as a microphone.

Online portions will be recorded and available to those with a conflict.

LOCATION

To start the program, we will begin online over Zoom where you can participate globally.

We will be meeting and staying at the **Sugar Ridge Retreat Centre** for 10 days.

5270 Forgets Road
Wyebbridge, Ontario, Canada L0K 2E0

Phone: 1-866-609-1793 | Local Phone: (705) 528-1793
Email: info@sugarridge.ca | Website: www.sugarridge.ca

DETAILS & AMENITIES

Please bring all personal amenities and if you need to purchase anything, it is just a short drive to the nearest store. They have laundry machines on site.

WHAT TO BRING

- | | |
|--|---|
| • Multiple yoga outfits for changing into throughout the day (2 practices) | • Sunscreen |
| • Mat and mat towel for practice | • Bug repellent |
| • Water bottle | • Flashlight |
| • Journal and pen for every session | • Umbrella and/or rain gear |
| • PYC Manual for every session (received onsite) | • Towels for showering |
| • Textbooks (Power Yoga Handbook & Key Muscles) | • Warm clothes for cool evening camp fire |
| | • Snacks (optional) |



PROGRAM OVERVIEW

ONLINE ON ZOOM THURSDAY EVENING:

6:00 pm: Discussion

9:00 pm: End

TYPICAL SCHEDULE DURING THE 10 DAY INTENSIVE:

7:00am: Breakfast

8:00 am: Yoga/Meditation/LAB

12:00 pm: Meal Break

1:00 pm: Practice Teaching

2:00 pm: Discussion-Transformation/Practicum Teaching

6:00 pm: Meal Break

7:00 pm: Evening practice/Group exercise

9:30 pm: End

COMING INTO THE PROGRAM

For the 200 hour program, you are asked to complete the pre recordings, 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 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)



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 & Macivior (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.

WATCH RECORDINGS on www.poweryogaathome.com

You will log into your account, watch the recordings and answer the questions in the quiz after each of the following subjects (except the anatomy quiz you will do after the full program is complete)

- Anatomy with Jacey (just view)
- Paul Grilley & complete quiz
- Hindu Gods & complete quiz
- Yamas & Niyamas and the 8 Limbs of Yoga & complete quiz
- Yoga Unveiled Movie & complete quiz



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.



discover
YOUR TRUE
AUTHENTIC SELF

SUGAR RIDGE
retreat centre



CERTIFICATION REQUIREMENTS OVERVIEW

- 1- Complete ONLINE Teachers HUB Recordings:
 - Anatomy with Jacey & complete quiz
 - Paul Grilley & complete quiz
 - Hindu Gods & complete quiz
 - Yamas & Niyamas and the 8 Limbs of Yoga & complete quiz
 - Yoga Unveiled Movie & complete quiz
- 2- Teach 6 classes to friends, family members, co-workers, etc
 - Submit recorded audio for feedback
 - Submit self-assessment of one video recorded class
- 3- Audit 3 classes
- 4- Yoga Sutras vs Religious text paper
- 5- Chakra Energy System paper
- 6- Yoga Philosophy and Group Discussions paper
- 7- Being of Service & Reflection paper

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

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.

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 \$4400 CAD + HST (\$3400 USD)

* Sign up before May 19th, 2025 & Save \$800 CAD (\$600 USD)

Early Bird Tuition is \$4800 CAD + HST (\$3700 USD)

* Sign up before June 19, 2025 & Save \$400 CAD (\$300 USD)

Full Tuition is \$5200 CAD + HST (\$4000 USD)

All participants are provided with 6 months of Unlimited Online Yoga classes
Payment plans are available by request to nick@poweryogacanada.com

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.



DEFY
gravity