



poweryoga
COLLECTIVE



200 HOUR YOGA TEACHER
TRAINING PROGRAM BROCHURE

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N I C A R A G U A



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.

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!



NICARAGUA INTENSIVE TRAINING - APRIL 15 - 24, 2026

SEEK THE TRUTH: 200 HOUR PROGRAM

IMPACTFUL. TRANSFORMATIVE. LIFE-CHANGING. ABROAD.

The 200 Hour Spring 2026 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 that will include over 160 interactive contact hours with PYC Co-Founder and 500 hour Yoga Alliance Certified E-RYT Kinndli McCollum.

Power Yoga Canada is extremely excited to announce the 200 Hour Spring 2026 Intensive Yoga Teacher Training that will have participants transform abroad at [Amaru Nicaragua](#) for 10 intensive days. Join us for an unforgettable experience in Nicaragua where the resort is literally steps from the beach. Food and lodging are included in the tuition and [Amaru Nicaragua](#) is able to adapt to any intolerance, allergy, or food trend that you are implementing in your diet at the time of the program.

We are committed to delivering an exceptionally engaged group experience that is interactive and intimate. There will be pre-training coursework that you will be required to complete.

We have been delivering impactful, LIFE CHANGING, community-building Yoga Teacher Trainings for over 10 years, and our Spring 2026 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!

TRAINING DATES

The Spring 2026 Intensive 200 hour Yoga Teacher Training Program is broken up into 2 parts:

1. Pre-training coursework.

- Pre-recorded modules to be completed at your own pace before we go to Amaru
- One Live Zoom session on Thursday, April 9, 2026: 6pm - 9pm Eastern Time

2. Intensive 10-day Training at Amaru Nicaragua from April 15th - April 24th, 2026

- Arrive on April 15th
- Depart on April 24th

For the pre-recorded modules, you will be sent the sessions to watch.

For the Live Zoom component, you will need to access Zoom via computer or tablet. WiFi/Internet is required as well as a microphone.

LOCATION

During our 10-day training, we will be staying at Amaru Nicaragua.

Punta Aposentillo
KM 167 1/2 400 mts al sur carretera a
Aposentillo, Nicaragua

Phone: +505 8898 8878

Email: info@amarunicaragua.com | Website: amarunicaragua.com

DETAILS & AMENITIES

Please bring all personal amenities and if you need to purchase anything, it is just a short drive to the nearest store.

WHAT TO BRING

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



Photo taken at Amaru

PROGRAM OVERVIEW

IN-PERSON AT AMARU NICARAGUA CONSISTS OF THE FOLLOWING SCHEDULE & ALL TIMES ARE SUBJECT TO CHANGE:

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
9:00 pm: End

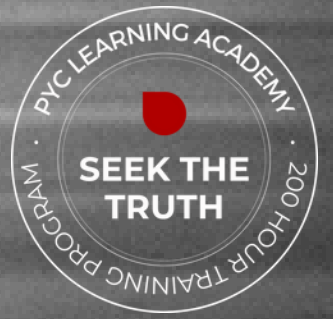
COMING INTO THE PROGRAM

For the 200 hour program, you are asked to complete pre-recorded (online & on-demand) modules and these must be completed prior to us going to Amaru Nicaragua.

There are also 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 don't worry if you are unable to read or complete the papers in advance as you can complete them all as post-work.

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)



Photo taken at Amaru

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.

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). Upon purchasing the program, you will receive access to the recordings.

- 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



Photo taken at Amaru

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)



Photo taken at Amaru

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.)

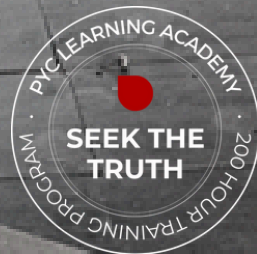
- **Yoga Philosophy and Group Discussions Paper**

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



Photo taken at Amaru

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



Photo taken at Amaru

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.





Photo taken at Amaru

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

Investment

The investment for this training includes a payment to PYC, a payment to Amaru & a payment for your flight/travel insurance.

PYC Payment

- The Super Early Bird price is \$2300 USD + tax & available until February 15, 2026
- The Early Bird price is \$2500 USD + tax & available from February 16, 2026 to March 15, 2026
- The Full cost of the PYC Payment is \$2700 USD + tax from March 16, 2026 to April 15, 2026

Amaru Payment

The cost of accommodations, meals and airport shuttle is \$1800 USD. Upgrade to a Double room by adding \$350 USD. Upgrade to a Private room by adding \$700 USD (limited private rooms available).

Flights & Travel Insurance

Complete the purchase of your flights and travel insurance. We recommend using our preferred travel consultant, [Adventures with Camille](#) however, if you'd like to book your own flights, you are welcome to but please check in with PYC Admin before booking.

3 EASY STEPS TO REGISTER AND SECURE YOUR SPOT!

1. Submit your training payment with Power Yoga Collective by [clicking here](#).
2. Book your flights and travel insurance. We recommend using our preferred travel consultant; [Adventures with Camille](#). You can email her at travel@adventureswithcamille.com
3. Submit the final accommodation payment to Amaru Nicaragua by [clicking here](#).



Adventures with Camille TICO #: 50021282

REFUND POLICY

1. Cancel before February 9, 2026: Receive a full tuition refund minus a \$1000 non-refundable deposit.
 - The \$1000 deposit cannot be transferred or applied to future programs.
2. Cancel after February 9, 2026: No refunds will be issued for any reason.



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