

200 HOUR YOGA TEACHER
TRAINING PROGRAM BROCHURE

SUMMER 2026



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
retreat centre

SUMMER INTENSIVE at SUGAR RIDGE RETREAT - July 15 - 24, 2026

SEEK THE TRUTH: 200 HOUR PROGRAM

IMPACTFUL. TRANSFORMATIVE. LIFE-CHANGING

The 200 Hour Summer 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. 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 also attend one live Zoom session on Thursday, July 9th from 6 - 9pm Eastern Time before making their way to the Sugar Ridge Retreat Centre located in Wyebridge, Ontario from July 15th until July 24th 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 9th from 6-9pm Eastern Time

2. Intensive 10-day Training at Sugar Ridge Retreat Centre from July 15th - July 24th, 2026

- Program Begins on July 15th (arrive in the late afternoon)
- Program Ends on July 24th 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
Wyebridge, 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)
- 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)
- Sunscreen
- Bug repellent
- Flashlight
- Umbrella and/or rain gear
- Towels for showering
- 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

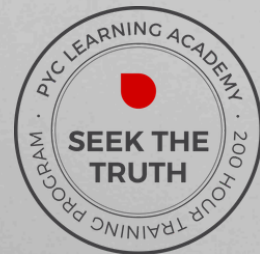
9:30 pm: End

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*



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 & 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)

- 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-asses 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 15th, 2026 & Save \$800 CAD (\$600 USD)

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

* Sign up before June 15, 2026 & 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. Cancel before June 15, 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 June 15, 2026: No refunds will be issued for any reason.

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



DEFY

gravity