



# 20<sup>th</sup> Anniversary Conference

## CALA West

### September 14, 15, 2013

Okotoks Recreation Centre,  
Okotoks, Alberta




**CALA AQUA YOGA SPECIALTY TRAINING & CERTIFICATION COURSE**  
**September 11, 12, 13, 2013 featuring Karl Notargiovanni**

**C**ALA Trainer & Co-Director of 'One Yoga for the People', Karl Notargiovanni & CALA Founder & President, Charlene Kopansky have spent wonderful hours collaborating, designing & creating the 20 hour CALA Aqua Yoga Specialty Training & Certification Course. This Aqua Infused Yoga Movement Experience is designed for recreational pool temperatures in chest deep water. The class design flows from one sequence to another. Options are provided to accommodate everyone who dips their bodies into your watery class environment. A fusion of CALA & Yoga Ethics results in a movement experience that allows the mind to discover, the body to move & the spirit to soar.

**Note: If you have not completed the CALA Foundations Course, contact CALA directly to arrange registration.**

CALA, 125 Lilian Dr., Toronto, On., Canada, M1R 3W6  
www.calainc.org Ph: 1-888-751-9823 (local: 416-751-9823) Fax: 416-755-1832  
E: cala\_aqua@mac.com or cala@interlog.com

# SENSATIONAL SATURDAY SEPT. 14<sup>th</sup> – 8 CECS

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- 7:00 – 7:30: Registration & Trade Show open
- 7:30 – 8:20 **SAT-1: Rise & Shine - “Get Inspired - Explore What’s Trending in Fitness”**
- 8:20 – 8:30 Change for Pool session or choose to observe on deck
- 8:30 – 9:30 **SAT-1 continued: Rise & Shine - Aqua Anniversary Celebration with Karl, Dylan & Jane (Main Pool).**
- 9:30 – 9:45 Change time for 2b delegates or Break Time for 2a delegates: see below

## Choose 2a or 2b

- 9:45 – 12:30 **SAT-2a: Therapeutic Warm Water Moves with Dylan (Warm Pool, then Active Theory).** Develop a greater understanding of arthritis & fibromyalgia. Feel the benefits that water fitness can bring to your clients when utilizing buoyancy support & enhanced resistance with the Aqua Bender Ball & the Noodle. Learn how to modify & progress different exercises to achieve the desired goal of regaining mobility & reducing pain to the affected areas of the body. Experience strength & stretch moves to increase overall range of motion. Walk away with a workable program design that can be implemented immediately.

## OR

- 9:45 – 12:30 **SAT-2b: Aqua Boot Camp with Jane (Active Theory, then Main Pool).** This session will feature complex movements that require thought. Learn how to break down movements to ensure success & allow the participants to maintain breathing patterns, heart rates & motivation levels. These “master mind” moves are executed at slower tempos & require significant brain activation. Experience the pairing of common leg moves with uncommon arm movements, or add pause – hold intervals or add rhythmical tempo changes. This innovative style of class encourages participants to get the ‘mind thinking’ with the ‘body moving’.
- 12:30 – 12:45 Get ready for a Complementary Lunch. **(Special dietary needs? Please bring your own lunch.)**
- 12:45 – 1:15 Communal Lunch with Trade Show
- 1:15 – 1:30 Change for Pool session or choose to observe on deck
- 1:30 – 2:30 **SAT-3: Water Strength & Dynamic Stretch Training Integrating Creative Choreography with Karl (Main Pool).**
- 2:30 – 2:40 On-deck Energy Booster Nourishment
- 2:40 – 3:40 **SAT-3 continued: Falls Prevention & Empowerment Strategies using Gait, Range of Motion, Core, Stability Training & Gentle Movement Patterns with Dylan (Warm Pool).**
- 3:40 – 3:55 Change for Active Theory in Community Room
- 3:55 – 5:15 **SAT-3 continued:** Get ready to be inspired while you move & listen to consolidate your water-based experience. Karl & Dylan will share their class design ideas in this highly interactive land session that will expand & deepen your knowledge & your confidence with exercise design & delivery. Discuss the research that supports the use of water as the training tool to improve the components of fitness that are essential to prevent falling. Learn how to build confidence & empower participants with falls prevention strategies.
- 5:15 – 5:30: Complete & submit Saturday conference feedback to receive Conference Certificate.





# SENSATIONAL SUNDAY SEPT. 15<sup>th</sup> – 4 CECS



7:00 – 7:30 Registration & Trade Show open

7:30 – 8:15 **SUN-4: Greeting the Morning - Leadership Wisdom with Karl, Dylan & Jane (Community Room).**

8:15 – 8:30 Change time for 4b delegates or Break Time for 4a delegates: see below

## Choose 5a or 5b

8:30 – 9:15 **SUN-5a: Aqua Tai Chi: Hydro Warrior® with Dylan (Active Theory).** Let the wave flow over you. Connect with water's abundant source of powerful energy. Experience a movement session based on modified Chuan & Chi Kung Tai Chi. Feel the integration of a series of graceful, powerful, slow & fast movements built within a cardio workout. Learn how to incorporate Aqua infused Tai Chi into your water fitness program.

9:15 – 10:15 **SUN-5a continued: Aqua Yoga Poses & Moves Integrating Breathing Techniques with Karl (Active Theory).** Tap into a calm place, with Aqua Yoga Poses & movements that bring inner peace & serenity, caressing the heart, opening the body & quieting the mind.

10:15 -10:30 Change time for pool or option to observe on deck

10:30 -12:00 **SUN-5a continued: Hydro Warrior® & Aqua Yoga: Tap into Calm with Dylan & Karl (Warm Pool).**

## OR

8:30 – 10:15 **SUN-5b: “30-20-10” Interval Intensity Plus with Jane (Main Pool then Active Theory).** An easy to follow workout adaptable for chest deep or deep-water classes. Experience intervals that will help you increase heart rate with the opportunity to achieve maximum heart rate followed by adaptive recovery to replenish energy. Individuals that don't want speed work will also learn how to reap the benefits of working at a higher intensity level. In this workout, the participant is always 'in charge', creating their own degree of intensity according to their personal goals, while the instructor guides & motivates.

10:15 -10:30 Change time for Active Theory

10:30 -12:00 **SUN-5b continued: “30-20-10” Interval Intensity Plus with Jane (Community Room).**

12:00 – 12:15: 5a Delegates get changed. **Closing ‘inspirational message’ with Karl (Community Room).**

12:15 – 12:30: Complete & submit Sunday Conference feedback to receive Conference Certificate.

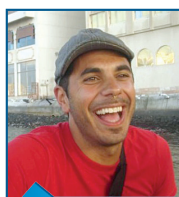
## PROFESSIONAL PRESENTERS



Dylan Harries. B. Rec., B.Sc. (HK), C.A.T. is an International Presenter known for inspiring fitness leaders with passion, high energy, technique & creativity. With 19 years of fitness experience, Dylan is the Regional Director of the Kanata YMCA-YWCA in Ottawa Canada. In his spare time, he is a renowned athletic trainer & performance coach to world level figure skaters. He is canfitpro, CALA, YMCA, Spinning (star 2), SPI (2), TRX, Gym-Stick, Bosu, Bender Ball, HydroRider, & NCCP (2) certified.



Jane Jones. Sure to inspire with her enthusiasm, Jane is an ironman athlete, hooked on running, cycling & swimming & awesome at adding the water fitness angle to enhance fitness. Jane works at the Parkinson Recreation Centre in Kelowna teaching Water Running, Aquafitnes & Healing Waters Classes. A newly approved CALA Trainer, we are excited to introduce Jane to the CALA Conference Agenda.



Karl Notargiovanni. B.F.A. Choreography; CALA Trainer; Massage Therapist, Yoga Instructor, Part Owner of “Yoga for the People”, Co-Author of CALA Aqua Yoga Linear Movement Experience Specialty Course Manual. Karl is skilled at blending several disciplines to connect movement, memory & imagery encouraging the practice of engaging the body through consciousness. Teaching for over 15 years, he has developed a unique edge to his leadership. Karl is passionate about exploring these connections & sharing them through energetic classes & workshops.

# CALA WEST CONFERENCE DETAILS



## ACCREDITATION:

Each session will be assigned CECs, check out [www.calainc.org](http://www.calainc.org) for further details.

Bonus Specialty Course Earn EXTRA CECs offered by Provincial and National Certifying Fitness Organizations for completion of the Aqua YOGA Specialty Course

CALA: 12 CECs for Aqua Yoga Course

CALA: 8 CECs for Saturday

CALA: 4 CECs for Sunday

canfitpro: FIS, PTS, OAS, NWS credits

BCRPA: 8 renewal credits for Saturday

BCRPA: 4 renewal credits for Sunday

AFLCA: visit [www.calainc.org](http://www.calainc.org) for specific credits

CFES, OFC, NSFLA, SPRA: 8 CECs for Saturday

CFES, OFC, NSFLA, SPRA: 4 CECs for Sunday

YMCA, YWCA: Approved for CECs

**DIRECTIONS:** From Calgary: Get on Deerfoot Trail heading south, out of Calgary, until you merge with hwy. #2, (10km from city limits to Okotoks turn off). Exit quickly to your right on to Okotoks ramp. Follow highway into town to second set of lights. Turn left & proceed to a 4 way stop. See Okotoks Rec. Ctr. on 99 Okotoks Road, right hand side.

PARKING is free and available on site.  
CHILD CARE is not available.

## ACCOMODATION:

1. Okotoks Lakeview 1-877-355-3500
2. High River, Ramada: 1-866-449-3181
3. Royal Duke Inn: 403-938-4101

**MEDIA:** During the conference CALA will be taking pictures for use on the CALA web site & in promotional materials. Please be advised that your picture may appear in these publications.

## REGISTRATION OPTIONS:

### Register early!

Express Phone: 1-888-751-9823 or 416-751-9823

Fax: 416-755-1832

E: [cala@interlog.com](mailto:cala@interlog.com)

Mail: Cheque payable to CALA INC.

(West Conference 2013 Registration)

Mail to: 125 Lilian Dr., Toronto, ON M1R 3W6.

**NOTE:** Complete the registration form. Then email the form to [cala@interlog.com](mailto:cala@interlog.com)

Call CALA with your credit card number: 1-888-751-9823

**EARLY BIRD RATE:** on or before September 3, 2013

**REGULAR RATE:** after September 3, 2013

Join as a CALA member or renew your membership now: \$59 + tax to take advantage of the membership prices listed on the registration form.

Conference fee includes admittance to all workshops & handouts for sessions you attend, CEC's, access to trade show, lunch, tea/coffee, promotional items from event sponsors.

**ARRIVE** at 7am to pick up your delegate package containing receipt & personal agenda.

**FOOD:** Morning coffee, tea, fruit, muffins  
Saturday - Lunch is provided

**NSF OR RETURNED CHEQUES:** NSF & returned cheques are subject to a \$50 + tax administration fee.

**CANCELLATION POLICY:** Conference cancellations must be received in writing by fax or mail on or before August 31. Fees will be refunded less a \$75 + tax administration fee. NO refunds or credits given after this date. No refunds or credits will be given for no-shows or partial registrations.



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[cala@interlog.com](mailto:cala@interlog.com)  
Web: [www.calainc.org](http://www.calainc.org)

# REGISTRATION FORM

OFFICE USE ONLY  
Reg# \_\_\_\_\_ Date \_\_\_\_\_ Inv# \_\_\_\_\_ Pd

## CALA West 20th Anniversary Conference Celebration Sat Sept 14 and Sun Sept 15, 2013

Also...

## CALA Aqua Yoga Specialty Training & Certification Course Wed, Thurs, and Fri Sept 11, 12, 13, 2013 Okotoks Recreation Centre, Okotoks, Alberta



Name: first \_\_\_\_\_ last \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Prov/State: \_\_\_\_\_ Country: \_\_\_\_\_ Postal Code: \_\_\_\_\_

H/Cell ph: \_\_\_\_\_ Work ph: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

This is my  home address  club address

Check here if this is a new last name. Previous name: \_\_\_\_\_

Check here if you previously phoned in your registration.

### CALA MEMBER FEES: **EARLY BIRD - On or before Sept. 3**

1. CALA Aqua Yoga Specialty Training & Certification Course: <b>\$399</b>	
2. CALA West 20th Anniversary Conference - Saturday (8 CECs): <b>\$159</b>	
3. CALA West 20th Anniversary Conference - Sunday (4 CECs): <b>\$109</b>	
4. Both Saturday & Sunday (12 CECs): <b>\$229</b>	
<b>Note: Light Breakfast provided both Sat and Sun PLUS Lunch is provided on Saturday!</b>	
<b>EXPIRED MEMBERS &amp; NON-MEMBERS - Add \$30 to prices above</b>	
Join/Renew CALA Membership <b>\$59</b>	
AFTER Sept. 3 - <b>Add \$25 TO ABOVE FEES</b>	
	(+ 5% tax)
<b>TOTAL:</b>	

Bring your own flotation belt! Belts available for purchase on site.

**Indicate first choice, where necessary.**

#### Sat Sept 14

7:30am-9:30am Sat-1. Rise and Shine - What's Trending in Fitness

#### Choose One 2a or 2b

9:30am-12:30pm Sat-2a. Therapeutic Warm Water Moves

9:30am-12:30pm Sat-2b. Aqua Boot Camp

1:30pm-5:15pm Sat-3. Water Strength & Stretch, Choreo, Gait, Core

#### Sun Sept 15

7:30am-8:15am Sun-4. Greeting the Morning - Leadership Wisdom

#### Choose One Sun 5a or 5b

8:30am-12:30pm Sun-5a. Aqua Tai Chi: Hydro Warrior & Aqua Yoga

8:30am-12:30pm Sun-5b. 30-20-10 Interval Intensity Plus



### PAYING BY MASTERCARD OR VISA, MONEY ORDER OR CHEQUE

First complete the registration form, then choose to: **1.** Call to register by phone **2.** Print and fax to 416-755-1832 or **3.** Save this completed form & then email form to cala@interlog.com and call in your credit card number: 1-888-751-9823