

# CALA Workshop

## Aqua Zen Workshop

FACEBOOK RECORDING [facebook](#) - Independent Learning delivered through private Facebook page

Earn 3 CALA CECs. Also accredited by canfitpro, OFC, AFLCA, 3 BCRPA, 3 SPRA, YMCA, NSFA, NBFA, CPTN, 3 CFES.

If you are AFLCA Certified, you will need to petition for credits through individual application by using the [AFLCA CEC Petition Application forms](#)



**Description:** Mindfulness + exercise yields extraordinary results. Scientific studies show that meditation and exercise together can ease the stress, anxiety and depression that affect our inner peace and poise. Aqua Zen is a fusion of various styles of aqua. In this workshop you will be truly engaging the mind, the body and the spirit in the ebb and flow of energy throughout the workout and the recovery phase.

### Objectives:

- Understand the benefits of mindfulness and exercise
- Discuss the importance of mindfulness
- Learn and practice cueing and communication for increased mindfulness
- Create intentions and affirmations for yourself
- Incorporate mindfulness into an aqua fitness class based on the CALA Philosophy

**WHERE:** Online, using the [facebook](#) FACEBOOK platform, in your home or home office.  
More info contact CALA 416-751-9823 or [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**WHO:** CALA Presenter – [Jennie Queen](#)

**WHEN:** At your leisure

**COST:** CALA Member: \$75 + tax / Non-Member: \$95 + tax.

### Please print or type

Name	_____		
Address	_____		Join CALA Now <input type="checkbox"/> \$59 + tax
City	_____	Tel. h	_____
Prov	_____	Cell	_____
Postal	_____	Tel. w	_____
Email 1	_____	Email 2	_____

**PAYMENT:** E-transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**WAIVER AGREEMENT** ✓ for **CALA Aqua Zen Workshop**

I agree to forever release, discharge, fully indemnify and save harmless, the Canadian Aquafitness Leaders Alliance Inc (CALA), the facilities, and all promoters, sponsors and their representatives and successors, and their assigns from any and all claims, demands and expenses whatsoever on account of damage to or loss of property, physical or mental injury or death.

I verify that I have been involved in a physical training program and that I am physically fit and do not suffer from any disability, physical ailment nor am I taking any medication that would cause me harm or limit my participation.

I hereby affirm that I have carefully read, fully understand and agree to the above and that I am of legal age to execute this form as a legal document.

**EXPRESS registration 416-751-9823 OR Complete, scan & email form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

**You can also use the Adobe Acrobat "Fill and Sign" feature to complete the form**

*On rare occasions, it is necessary to shift CALA Training dates, times, and topics. Thank you for your kind understanding*