

CALA Workshop – Independent Study

Integrating Aqua Yoga Poses and Stretches in CALA Aqua Fitness Classes



Facebook recording [facebook](#) - Online Independent Learning:

Earn 3 CALA CECs. Also accredited by [AFLCA](#), [BCRPA](#), [canfitpro](#), [CFES](#), [MFC](#), [NBFA](#), [NSFA](#), [OFC](#), [Sport PEI](#), [YWCA](#), [YMCA](#). If you are AFLCA Certified, you will need to petition for credits through individual application by using the [AFLCA CEC petition application](#)

Description: This workshop explores the integration of Aqua Infused Yoga postures within a CALA aqua fitness class to enhance full range of motion, deepen body awareness, increase core stability, improve posture and strengthen balance both in deep and chest deep water.

Objectives:

- ✓ Deepen body awareness by listening carefully to inward sensations thereby increasing mindful movement.
- ✓ Create greater openness in areas that are tight due to habitual movement patterns.
- ✓ Explore the maintenance of power posture in a variety of body orientations which include vertical, kneeling, seated and semi-prone.
- ✓ Practice Aqua Infused Yoga movements to develop greater dynamic and static balance.

WHERE: Independent Study – online through Facebook [facebook](#) . view recording at your leisure
Need more info contact CALA 416-751-9823 or cala_aqua@mac.com

WHAT: CALA Presenter – **Katherine McKeown**

WHEN: At your leisure - You will receive a link to the [facebook](#) recordings after you register 3 months access

COST: CALA Member: \$75 / Non-Member: \$85 (plus 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

WAIVER AGREEMENT for Integrating Aqua Yoga Poses and Stretches

Please check ✓ that you agree to the following WAIVER. (Required to register for this training)

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

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