

# CALA Workshop Online Independent Learning: Inspirational Aqua Yoga – Understanding the CALA Integrated Aqua Yoga Training & Certification Course



Listen to the ZOOM Recording at your leisure. Once you register you will receive a private CALA Facebook link to the recording.

**Description:** This workshop explores the philosophy behind the development of the 20 hour CALA Aqua Infused Yoga Specialty Training and Certification Course. The facilitators will discuss the course content and how instructors are able to integrate selected poses into regular aquafitness classes.

**Objectives:**

- Benefits of Becoming a CALA Aqua Yoga Specialty Instructor & Frequently Asked Questions
- Benefits of Aqua Yoga for Clients & Frequently Asked Questions
- Overview of Aqua Yoga Specialty Training & Certification Course & Certification Pathway & Questions and Answers

**WHERE:** Online – You will be provided with the link upon registration  
Need more info contact CALA 416-751-9823 or [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**WHAT:** CALA Presenter – **Katherine McKeown and Karl Notargiovanni**

**WHEN:** Online – view at your leisure

**COST:** CALA Member: \$40 / Non-Member: \$50 (plus tax)

**CECs:** Earn 2 CALA CECs and credits with canfitpro, CFES and other provincial and national organizations

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_ **Join CALA Now:**  (\$59 plus tax)

**City** \_\_\_\_\_ **Tel. h** \_\_\_\_\_

**Prov** \_\_\_\_\_ **Cell** \_\_\_\_\_

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

E-transfer/Direct deposit only      Pd:      \$      (See above for fee)

**Sign:** \_\_\_\_\_

**EXPRESS registration Call 647-323-2252 or 416-751-9823 OR Complete, scan & email form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**