

Online Independent Learning CALA Workshop: Integrating Aqua Yoga Poses and Stretches into Aqua Fitness Classes



Earn 3 CALA CECs. Also accredited by **AFLCA, BCRPA, canfitpro, CFES, MFC, NBFA, NSFA, OFC, Sport PEI, YWCA, YMCA.**

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: Online – view recording at your leisure
Need more info contact CALA 416-751-9823 or cala_aqua@mac.com

WHAT: CALA Presenter – **Katherine McKeown**

WHEN: You will receive a link to view the recordings after you register

WHAT: **Integrating Aqua Yoga Poses and Stretches into Aqua Fitness Classes – 3 CALA CECs for everyone**

CECS: Accredited by provincial and national organizations AND earn 3 CALA CECs

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

Name _____

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

City _____ **Tel. h** _____

Prov _____ **Cell** _____

Postal: _____ **Tel. w** _____

Email: _____

Only accepting E-transfer/Direct deposit to

cala_aqua@mac.com

Pd:

\$

_____ (See above for fee)

Sign: _____

EXPRESS registration 416-751-9823 OR Complete, scan & email form to cala_aqua@mac.com