

CALA Workshop

Integrating Aqua Yoga Poses and Stretches in CALA Aqua Fitness Classes




Facebook recording - 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 forms](#)


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 . 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  recordings after you register

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

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

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

PAYMENT: CALA only accepts E-transfer to cala_aqua@mac.com or direct deposit

Paid: \$_____ (see price information above)

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