

CALA Workshop

Inspirational Aqua Yoga – Understanding the CALA Integrated Aqua Yoga Training & Certification Course



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

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: **Independent Study – online through Facebook [facebook](#)**
Online – You will be provided with the link upon registration
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

COST: CALA Member: \$50 / Non-Member: \$60 (plus tax)

Name _____

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

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