

CALA Workshop on Saturday, April 17, 2021

Ai Chi – The Dance Of Life (Introduction Clinic)

Hosted on ZOOM  zoom

Earn 3 CALA CECs. Also accredited by canfitpro, OFC, AFLCA, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, CFES.

If you are AFLCA Certified, you will need to petition for credits through individual application by using the [AFLCA CEC Petition Application forms](#)



Description:

The universe is ever changing, get connected with your inner energy. This workshop is based on elements of Qigong, Tai Chi Chuan and Watsa techniques. Experience a series of graceful, powerful, slow and fast flowing movements. Enhance your mental and spiritual strength simultaneously. The Ai Chi practice will harmonize your mind - body balance. Review and practice each movement with a focus on breathing and imagery. Rejuvenate your spirit and feel truly re-energized.

Objectives

- 1) Learn and demonstrate the 20 Ai Chi base with a healing focus.
- 2) Enrich your leadership language with cues designed for mind, body and spirit balance.
- 3) Gain an understanding of Eastern & Western philosophies and energy flow.

WHERE: ZOOM Platform – online. More info contact CALA 416-751-9823 or cala_aqua@mac.com

WHO: CALA Master Trainer – **Dylan T. Harries**

WHEN: Saturday, April 17, 2021 from 10:00am – 1:00pm DST (Ottawa, Ontario based ZOOM)

COST: CALA Member: \$75.00 + tax / Non-Member: \$95.00 + tax Regular Fees – Register after April 10, Add \$15 + 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	_____

PAY: CALA accepts cheques to CALA Inc. 125 Lilian Dr., Toronto, ON., M1R 3W6 or E-transfer to cala_aqua@mac.com

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