

# CALA Workshop

## AI CHI – The Dance of Life part 2 Workshop

Pre-requisite: CALA Ai Chi - The Dance of Life Part 1 Workshop (available for Independent Learning - [download Self Study Registration Form](#))

FACEBOOK RECORDING [facebook](#) - Independent Learning delivered through private Facebook page



Earn 3 CALA CECs. Also accredited by canfitpro, OFC, 3 BCRPA, 3 SPRA, YMCA, NSFA, NBFA, CPTN, AFLCA, 3 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 movements 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:** Online, using the [facebook](#) FACEBOOK platform, in your home or home office.  
More info contact CALA 416-751-9823 or [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**COST:** CALA Member: \$75 + tax / Non-Member: \$95 + tax

**WHO:** CALA Presenter – Dylan Harries

**WHEN:** At your leisure

**Pre-requisite:** CALA Ai Chi - The Dance of Life Part 1 Workshop (available for Self Study - [download Independent Learning Registration Form](#))

### 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](mailto:cala_aqua@mac.com)

### WAIVER AGREEMENT for CALA AI CHI – The Dance of Life Part 2 Workshop

Please check ✓ that you agree to the following WAIVER. (Required to register for this training)

I agree to forever release, discharge, fully indemnify and save harmless, the Canadian Aquafitness Leaders Alliance Inc (CALA), the facilities, and all promoters, sponsors and their representatives and successors, and their assigns from any and all claims, demands and expenses whatsoever on account of damage to or loss of property, physical or mental injury or death.

I verify that I have been involved in a physical training program and that I am physically fit and do not suffer from any disability, physical ailment nor am I taking any medication that would cause me harm or limit my participation.

I hereby affirm that I have carefully read, fully understand and agree to the above and that I am of legal age to execute this form as a legal document.

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

You can also use the Adobe Acrobat "Fill and Sign" feature to complete the form

On rare occasions, it is necessary to shift CALA Training dates, times, and topics. Thank you for your kind understanding