

FACEBOOK CALA Workshop – Independent Study

Aqua Infused Yoga BCRP Workshop

Facebook Recording [facebook](#) - Independent Study through a Private Facebook Group page



Earn 1 CALA CECs.

Description: Explore the integration of CALA Aqua Infused Yoga Poses and Stretches within a regular aqua fitness class to enhance full range of motion, deepen body awareness, increase core stability, improve posture and strengthen balance both in chest deep water

WHERE: Independent Study – online through Facebook [facebook](#). at your leisure. You will have 3 months access to the recording

WHO: CALA Presenter – **Charlene Kopansky**

COST: CALA Member: \$30 + tax / Non-Member: \$30 + 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	_____	

PAYMENT: E-transfer to cala_aqua@mac.com

WAIVER AGREEMENT for CALA Aqua Infused Yoga Workshop – BCRP Conference Sept

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

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