

CALA Workshop: Integrating Aqua Yoga Poses and Stretches in Aqua Fitness Classes

Hosted by Ottawa Athletic Club

Earn 4 CALA CECs. Also accredited by canfitpro, OFC YMCA.



Description: This workshop explores the integration of Aqua Infused Yoga postures within an 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: Ottawa Athletic Club, 2525 Lancaster Av, Ottawa ON, K1B 4L5

Facility info A Bourguignon: andre@ottawaathleticclub.com or (613) 523-4024 x 280

Need more info contact CALA 416-751-9823 or cala_aqua@mac.com

WHAT: CALA Presenter – **Katherine McKeown**

WHEN: Saturday, May 23, 2020 from 2pm – 6pm

WHAT: **Integrating Aqua Yoga Poses and Stretches in Aqua Fitness Classes – 4 CALA CECs for everyone**

COST: Early Bird: on or before May 1, 2020. CALA Member: \$95 / Non-Member: \$110 (plus tax)
Regular Fees – Register after May 1 Add \$25 (plus tax).
OAC Staff members must register through CALA for a special rate!

Name _____

Address _____

City _____

Prov _____

Postal: _____

Email: _____

Tel. h _____

Cell _____

Tel. w _____

Join Now: ☐ (\$59 plus tax)

☐ VISA ☐ MCard ☐ E-transfer/Direct dep.

Pd: _____

\$ _____ (See above for fee)

Card # _____

Expiry _____

Sign: _____

EXPRESS registration 416-751-9823 OR Complete, scan & email form to cala_aqua@mac.com