

ZOOM CALA Workshop Sunday January 23, 2022

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](#))

Hosted on ZOOM  zoom



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

WHO: CALA Presenter – Dylan Harries

WHEN: Sunday January 23, 2022 11am – 2pm EST (Ottawa, Ontario based ZOOM)

COST: CALA Member: \$75 + tax / Non-Member: \$95 + tax. Regular Fees – Register after Dec. 23, Add \$15 + tax

BONUS: Complementary access to a Facebook Recording of the ZOOM session is available for you until April 23, 2022. You can review the workshop and consolidate your learning.

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

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

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