

Aqua Yoga Specialty Training & Certification Course in beautiful Niagara Falls, ON

January 17, 18, 19, 2025

with Charlene Kopansky, CALA Founder



Earn 8 CALA CECs (if you have already completed a CALA Specialty Course).

Also Accredited by: canfitpro; BCRPA; AFLCA; SPRA; LSS, OFC; NSFLA; YMCA; YWCA, TRO (Therapeutic Recreation Ontario). AFLCA Certified Leaders petition for CECs: AFLCA CEC petition application

This **CALA Specialty Course** is designed for both **recreational pool temperatures** and **warm water pools**. The movements are designed for chest to shoulder deep water, flowing seamlessly between CALA Base Movements and Aqua Yoga Postures. A fusion of CALA and Aqua Yoga Ethics inspires the mind to discover, the body to move and the spirit to soar. Enrich your repertoire of movement ideas by integrating Aqua Yoga poses into your existing aqua fitness and aqua therapy or post rehabilitation classes. Join and find your flow!

Pre-requisite: Completion of the CALA Foundations of Vertical Water Training Course (VWT)

Host: Aquatic Fit Niagara, 6600 Jolley Crescent, Niagara Falls, ON, L2G 2W9 (Private facility)

Cost: **CALA members: \$399 + tax (Must be a current member) payment before 2025-01-10**

Add \$45 + tax to receive a printed copy of the Aqua Yoga manual on site

Late fee: Payment after 2025-01-10 Add \$50 + tax

Check the option that is best for you on Fri Jan 17th, 2025

Fri Jan 17th 5pm - 9pm (choose one)

ZOOM or on-site

Sat Jan 18th 10am - 6pm (everyone on site)

Sun Jan 19th 8am-4pm (everyone on site)

Complete and email the registration form to cala_aqua@mac.com

Name _____

Address _____

City _____ Prov./Country _____

Phone _____ Postal _____

Email 1 _____ FB Name _____

CALA accepts E-transfer to cala_aqua@mac.com

No refund for withdrawal.

Amount Paid: \$ _____

WAIVER AGREEMENT: Please check that you agree to the following WAIVER.

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.