

# On-line: Aqua Infused Yoga Specialty Training and Certification Course (recording of original ZOOM training)



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

**DESCRIPTION:** This **CALA Specialty Course** is designed for **recreational pool temperatures** and is also appropriate for **warm water pools**. The movements are designed for chest to shoulder deep water, flowing seamlessly between CALA Base Movements and Aqua Infused 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 classes. Join us and find your flow!

**INCLUDES:** Comprehensive manual: detailed movement sequences with photos, holistic cueing and progressive options. Experiential learning: Applied theory comparing land and water-based movement.

**PRE-REQUISITE:** Current CALA membership PLUS completion of the CALA Foundations of Vertical Water Training Course (VWT)

**WHERE:** Online Learning (three months access to the recording)

**WHEN:** Once registered you will have three months access to the recording via a Private Facebook Link

**WHO:** Karl Notargiovanni CALA Master Trainer and Co- Creator of CALA Aqua Yoga Specialty Training. Assistance provided by Katherine McKeown CALA Master Trainer and Charlene Kopansky, CALA Founder & President

**COST:** CALA members: \$399 + tax (Must be a current member)  
Add \$65 + tax for shipping of a printed copy of the Aqua Yoga manual

**COST for Refresher** (already completed a 20-hour CALA Aqua Yoga Specialty Course): \$150 + tax

## CERTIFICATION DETAILS:

1. Submit proof of attending or teaching 10 land-based yoga classes.
2. Submit a one-page journal, by completing questions posed by CALA in the journal.
3. Complete a 30-minute practical assessment via video and submit to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**Complete and email the registration form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

Name	_____		
Address	_____		
City	Prov./Country	_____	
Phone	Postal	_____	
Email 1	FB Name	_____	

CALA accepts E-transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

Amount Paid: \$ \_\_\_\_\_

**No refund for withdrawing from course.**

**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.