

# CALA happily offers our full 20 hour online **Aqua Infused Yoga Specialty Training Course**

Facebook Recording  - Independent Study through a Private Facebook Group page



**ACCREDITATION:** Earn 8 CALA CECs (if you have already completed a CALA Specialty Course. Accredited by : canfitpro; BCRPA; AFLCA; SPRA; OFC; NSFLA; YMCA; YWCA, TRO (Therapeutic Recreation Ontario). If you are AFLCA Certified, you will need to petition for credits through individual application by using the [AFLCA CEC petition application](#)


**DESCRIPTION:** This Aqua Infused Yoga Specialty 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. Options are provided to accommodate everyone who ventures into this welcoming liquid studio. 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. Release yourself to the power of possibilities 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: The Charlene Kopansky Method **OR** The Letter of Acceptance to Bypass the CALA Foundations of Vertical Water Training Course.

**WHERE:** Independent Study – online through Facebook .

**WHEN:** At your leisure - You will receive a link to the  recordings after you register

**WHO:** Karl Notargiovanni CALA Master Trainer and Co- Creator of CALA Aqua Infused Yoga Manual and Training

Assistance provided by Katherine McKeown CALA Master Trainer

**COST:** CALA members: \$399 + tax Must meet pre-requisite requirements

## **CERTIFICATION DETAILS:**

Due to current pool closures in response to COVID 19, we will be accepting video submissions for Practical Assessments. Each practical assessment is 30 minutes in length. YOU MUST cc the CALA office at [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) when submitting your Aqua Yoga Practical Assessment Video to CALA.

Feedback will be provided via a ZOOM or Facetime consultation.

**EXPRESS registration 416-751-9823 OR Complete, scan & email form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

# CALA AQUA INFUSED YOGA SPECIALTY TRAINING & CERTIFICATION COURSE REGISTRATION FORM FACEBOOK Online Training

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone (Cell): \_\_\_\_\_ Phone (Home): \_\_\_\_\_

Email 1: \_\_\_\_\_ Email 2: \_\_\_\_\_

Course Package	Membership Status	Includes	Fees
<b>AQUA YOGA SPECIALTY COURSE</b>	Current CALA Member	Course Manual, 20 hrs Training, Certification: Assignment & Practical Assessment	\$399 + tax
	Expired Member	As Above plus Membership (\$59)	\$448 + tax
<b>Add \$45 for shipping a printed copy of the Aqua Yoga manual</b>			

**No refund for withdrawal from the course.**

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

**WAIVER AGREEMENT** ✓ for CALA Aqua Infused Yoga Certification

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](mailto: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*

**Payment Plan available!**