

**BCRPA, CALA, CFES & canfitpro approved/accredited**  
**AQUA YOGA Workshop**  
**Wed July 26, 2017 5pm – 8pm**  
**Parkinson Recreation Centre, Kelowna, BC**



**Fabulous CALA Presenter: Jane Jones**

**WHERE:** 1800 Parkinson Way, Kelowna, BC. V1Y 4P9. Facility info visit [kelowna.ca](http://kelowna.ca)

**AGENDA:** 5:00pm – 6:15pm: Active theory session on dry land  
6:15pm – 6:30pm: Change for pool session  
6:30pm – 8:00pm: Pool session

**DESCRIPTION:** Moving from land to the ebb and flow of water allows the body to move with more freedom. Performing “anti-gravity” yoga postures in the nurturing qualities of water will challenge you to stabilize your core without loading the muscular-skeletal system. All movements are in chest to shoulder depth water & are designed for recreational pool temperature. From time to time, the pool wall is used for balancing and stretching. The class design flows from one sequence to another. Options are provided to accommodate everyone. Aqua infused yoga results in a movement experience that allows the mind to discover, the body to move and the spirit to soar.

**OBJECTIVES:**

1. To experience aqua infused yoga poses integrated with aqua-fitness base moves – practice on dry land & in chest deep water.
2. To learn how to maintain body temperature.
3. To understand how to develop progressions in movement complexity to accommodate a variety of fitness levels in one class.

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**We accept Visa or Mastercard or E-transfer: \$84.00 includes tax**

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**No membership or CALA training is required to earn and bank CALA CECs.**  
**No refund** for withdrawal from the workshop. Partial fees can be applied to future CALA events

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