



Introduction to

# CALAAQUA

## YOGA CLINIC

**Earn 8 CALA CECS, Canfitpro, YMCA, NBFLA, NSFLA accredited**

Hosted at 14 Wing Fitness & Sports Centre, Greenwood, Nova Scotia

**What:** This 8 hour clinic provides an overview of the CALA Aqua Yoga Specialty and will include sample poses and movement sequences from the warm up, hip opening, cardio and balance sections. Choose to integrate the CALA aqua infused yoga concepts into your classes and personal fitness regime. The complete CALA Aqua Yoga Specialty Course involves 20 – 40 hours of comprehensive training with certification as an option. The course and clinic are designed for recreational pool temperatures in chest deep to shoulder deep water and will also suit warm water exercise programs.

**Where:** 14 Wing Fitness and Sports Centre, P.O. Box 5000, Station Main, Greenwood, N.S. B0P 1N0

**When:** **Thursday January 18, 2018**

8:00 am – 4:30 pm

Pool sessions: 10:30 am – 12:00 pm and 2:45 pm – 4:15 pm

**Fee:** CALA Members: \$160 + tax  
Non-Members: \$199 + tax

Registration available online at

[www.bk.cfpsa.com/greenwoodpub/courses/index.asp](http://www.bk.cfpsa.com/greenwoodpub/courses/index.asp)

or by contacting the Aquatics Supervisor at 902-765-1494 extension 5564



For more information on CALA or to become a CALA member call CALA at 1-888-751-9823 or send an email: [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)