



CALA happily offers our full 20 hour Aqua Infused Yoga Specialty Training Course at the Ottawa Athletic Club, Ottawa, Ontario

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.

ACCREDITATION: Earn 12 CALA CECs (if you have already completed a CALA Specialty Course)
Earn credits with canfitpro; BCRPA; AFLCA; SPRA; OFC; NSFLA; YMCA; YWCA, TRO (Therapeutic Recreation Ontario)

WHERE: Ottawa Athletic Club, 2525 Lancaster Ave, Ottawa ON, K1B 4L5

COURSE DATES: Friday March 8, 2019 5:00pm – 9:00pm
Saturday March 9, 2019 12:00pm – 8:00pm
Sunday March 10, 2019 12:00pm – 8:00pm

CERTIFICATION DATE: Sunday April 14, 2019 2:30pm – 8:00pm * each practical assessment is 30 minutes in length + 15 minutes of feedback provided by the CALA Assessor. **YOU MUST BOOK** your certification spot through CALA Inc.

PRESENTER: CALA Trainer Katherine McKeown

PRE- REQUISITE: Those who have successfully completed one of the following:
1. The CALA Foundations of Vertical Water Training: Charlene Kopansky Method Course **OR**
2. The Letter of Acceptance to Bypass the VWT Course

COST: CALA members: \$399 + tax Includes CALA Membership: \$458 + tax

REGISTER: Email the completed registration form below to cala_aqua@mac.com or phone 416-751-9823 to register.

**CALA AQUA YOGA SPECIALTY TRAINING & CERTIFICATION COURSE
REGISTRATION FORM
MARCH 8, 9, 10, 2019 – The Ottawa Athletic Club, Ottawa, Ontario**

Name: _____ DATE: _____
 Address: _____ How you heard of the course: _____
 City: _____ Home Tel. #: _____
 Province: _____
 Postal: _____ Work Tel. #: _____
 Email: _____ Cell Phone #: _____

Course Package	Membership Status	Includes	Fees
			Late fees of \$35 apply after FEB 14, 2019
AQUA YOGA-LINEAR ME SPECIALTY COURSE	Current CALA Member	Course Manual, 20 hrs Training, Certification: Assignment & Practical Assessment	\$399 + tax
	Expired Member	As Above plus Membership (\$59)	\$448 + tax

No refund for withdrawal from the course. Fees can be applied to future CALA events.

VISA and MasterCard are accepted; or make cheques payable to CALA.

VISA MasterCard E-TRANSFER Amount Paid: \$ _____ (See above for correct fee option)
 Date _____ Name on Card _____
 Card # _____ Exp. Date: (Month / Year) _____
 Signature _____

You can also register over the phone! To register: **416-751-9823**

Payment Plan available!

Office Use Only:
 Date Processed: _____ Initials: _____ Invoice # _____ Pd Pre-requisite done Email added: _____
 Confirm Letter e: _____ Receipt e: _____ Promo e: _____ Date Manual mailed: _____