



## 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](mailto: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
<b>AQUA YOGA-LINEAR ME 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

*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: \_\_\_\_\_