

# Facebook recording – Independent Learning Aqua Infused Yoga Specialty Training Course



**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. Accredited by : canfitpro; BCRPA; AFLCA; SPRA; OFC; NSFLA; YMCA; YWCA, TRO (Therapeutic Recreation Ontario)

**WHAT:** Prerequisite CALA Foundations of Vertical Water Training Course or [Letter of Acceptance to Bypass VWT Course](#)

**WHERE:** **Independent Study – online through Private Facebook  Group.**  
Need more info contact CALA 416-751-9823 or [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**WHEN:** Online – view at your leisure – you will be sent a link to the Private Facebook Group

## **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. Feedback will be provided via a ZOOM or Facetime consultation.

**PRESENTERS:** Karl Notargiovanni CALA Master Trainer and Co- Creator of CALA Aqua Infused Yoga Manual and Training Assistance provided by Katherine McKeown CALA Master Trainer

**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.

**COST:** CALA members: \$399 + tax      Must be a current member  
**Add \$45 for shipping a printed copy of the Aqua Yoga manual**

**REGISTER:** Complete & email the registration form 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

## Independent Learning – Delivered through Facebook

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

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

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

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

Email: \_\_\_\_\_

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 ONLY BY: E-transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) or Direct deposit**

**Paid: \$\_\_\_\_\_ (see price information above)**

**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**

**PAYMENT PLAN AVAILABLE – 3 payments timeline to be determined by CALA**

<b>Office Use Only:</b>					
Date Processed: _____	Initials: _____	Invoice # _____	Inv Pd _____	Email added: _____	Confirm Letter e: _____
New Member e: _____	Receipt e: _____	Promo e: _____	Manual mailed: _____	Other: _____	