



**CALA RETURN TO AQUA INFUSED YOGA CLINIC via ZOOM & Facebook –
Exclusive offer for those who have taken the CALA Aqua Yoga Course only**

**ACCREDITATION: 8 CALA CECS, AFLCA, BCRPA,
CFES, canfitpro, NSFLA, SPRA, NBFA, OFC**

Description: This is an exclusive invitation to experience the updated version of the CALA Aqua Infused Yoga Sequence. Receive the streamlined manual and attend our 8-hour Refresher Clinic along with fellow Aqua Yoga practitioners. Earn 8 CALA CECS with accreditation from other fitness organizations. Get inspired to complete your Aqua Infused Yoga Specialty Certification and integrate Aqua Infused Yoga Poses into your classes. Help your participants to improve daily functioning while releasing anxiety and stress. Celebrate your commitment to excellence through inspirational leadership.

Learning Objectives of Clinic:

- 1) Refresh your ability to demonstrate and cue the Aqua Infused Yoga poses.
- 2) Understand how to develop a well-balanced, holistically based class, integrating Aqua Infused Yoga Poses.
- 3) Learn the updated CALA Aqua Infused Yoga Sequence.
- 4) Assist participants to release anxiety and stress through mindful movement.

WHERE: A ZOOM link to the CLINIC Sessions will be emailed one day before the event starts.

WHO: CALA Master Trainers: Charlene Kopansky, Karl Notargiovanni and Katherine McKeown

WHEN: Sat Nov 14 & Sun Nov 15 from 2pm - 6pm (EST).

NOTE: If you need to miss a part of the training, you will be provided access to a recording of the full clinic on Facebook.

PRICE: CALA Members: **\$99 + tax** (add \$20 after Nov 3)

Call CALA 416-751-9823 or Complete the form below & email to cala_aqua@mac.com

No refund for withdrawal from the clinic. Only e-transfer is accepted to cala_aqua@mac.com

E-Transfer

Amount Paid: S (See above for correct fee option)

Date

Name:

Signature
