

CALA happily offers our full 20 hour online **UPDATED Aqua Infused Yoga Specialty Training & Certification Course**

Hosted on ZOOM  zoom



DESCRIPTION: This updated Aqua Infused Yoga Specialty Course 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 updated 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 or if you are doing this course as a refresher. Accredited by: canfitpro; BCRPA; AFLCA; SPRA; OFC; NSFLA; YMCA; YWCA, TRO (Therapeutic Recreation Ontario)

WHERE: ZOOM Online Learning

WHEN: Early 2021 – to be confirmed

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 when submitting your Aqua Yoga Practical Assessment Video to . Feedback will be provided via a ZOOM or Facetime consultation.

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

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 + tax for shipping a printed copy of the AYoga manual
COST for Refresher (already completed a 20 hour CALA Aqua Yoga Specialty Course): \$150 + tax

REGISTER: Complete & email the registration form to cala_aqua@mac.com or phone 416-751-9823 to register.

Updated CALA AQUA YOGA SPECIALTY TRAINING & CERTIFICATION COURSE REGISTRATION FORM Early 2021 - ZOOM Online Training

Name: _____

Address _____

Province _____ Postal Code _____

Phone (Cell) _____ Phone (Home) _____

Email 1 _____ Email 2 _____

Course Package	Membership Status	Includes	Fees
Updated AQUA YOGA SPECIALTY COURSE	Current CALA Member	New Course Manual, 20 hrs Training, Certification: Assignment & Practical Assessment	\$399 + tax
	Expired Member	As Above plus Membership (\$59)	\$448 + tax
	Refresher CALA member	New Course Manual, 20 hrs Training, Certification: Assignment & Practical Assessment: <i>Note: If you are already certified, you do not need to be tested again.</i>	\$150 + tax
Note: if you want CALA to mail a printed copy of the VWT manual to you, then add \$45 + tax to the fees listed			

No refund for withdrawal from the course.

PAYMENT: CALA only accepts E-transfer to cala_aqua@mac.com or direct deposit

E-TRANSFER Amount Paid: \$ _____ (See above for correct fee option)

EXPRESS registration 416-751-9823 OR Complete, scan & email form to cala_aqua@mac.com

You can also use the Adobe Acrobat "Fill and Sign" feature to complete the form

Payment Plan available!