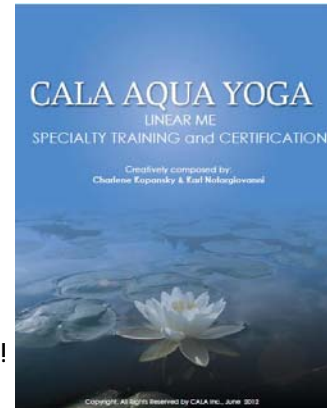


CALA Aqua Yoga Training and Certification Course Details



Contact CALA to discuss pre-requisites

Welcome on board for the CALA Aqua Yoga Series. CALA Trainer and Co-Director of 'One Yoga for the People', Karl Notargiovanni and CALA Founder and President, Charlene Kopansky have spent wonderful hours together collaborating, co-designing and co-creating the first 20 hour CALA Aqua Yoga Specialty Course.



There are three more 20-hour modules in the works... with plans to launch at least one new module per year.

In 2012, we proudly offer you the CALA Aqua Yoga - Linear ME! Specialty.

This Aqua Infused Linear Yoga Movement Experience is designed for recreational pool temperatures. The majority of movements in this course are designed for chest to shoulder depth water.

There are also options to suspend selected Aqua Infused Yoga Poses.

The class design flows from one sequence to another.

Options are provided to accommodate everyone who dips their bodies into your watery class environment .

A fusion of CALA and Yoga Ethics results in a movement experience that allows the mind to discover, the body to move and the spirit to soar