

# Aqua Infused Yoga Specialty Training Course

## Sea Soul Beach Club, Huatulco, Mexico

### Nov 13-17, 2023 (4 hours each morning)



**ACCREDITATION :** Earn 8 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). AFLCA Certified Leaders petition for CECs: [AFLCA CEC petition application](#)

**Description:** This **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. 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 cues and progressive options. Experiential learning: Applied theory: land and water-based movement.



**If seeking Certification in the CALA Aqua Yoga Specialty:**

- Current CALA membership
- Completion of CALA Pre-requisite Foundations of Vertical Water Training (VWT) course or the **Letter of Acceptance to bypass** the 20-hour VWT Course.

**Cost (if seeking certification)**                      CALA member \$399 + tax  
**Cost (does not include certification)**                      \$350 + tax

**EXPRESS registration 416-751-9823 OR Complete, scan & email form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

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

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

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

**Postal Code:** \_\_\_\_\_

**Phone (Cell):** \_\_\_\_\_

**Phone (Home):** \_\_\_\_\_

**Email 1:** \_\_\_\_\_

**Email 2:** \_\_\_\_\_

Course Package	Membership Status	Includes	Fees
<b>AQUA YOGA SPECIALTY COURSE</b>	Current CALA Member includes certification	Course Manual, 20 hours Training, Certification: Assignment & Practical Assessment	<b>\$399 + tax</b>
	No certification	Course Manual, 20 hours Training,	<b>\$350 + tax</b>

**Add \$45 for shipping a printed copy of the Aqua Yoga manual No refund for withdrawal.**

**CALA accepts E-transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)                      Amount Paid: \$ \_\_\_\_\_**

**WAIVER AGREEMENT: Please check ✓ that you agree to the following WAIVER.**

I agree to forever release, discharge, fully indemnify and save harmless, the Canadian Aquafitness Leaders Alliance Inc (CALA), the facilities, and all promoters, sponsors and their representatives and successors, and their assigns from any and all claims, demands and expenses whatsoever on account of damage to or loss of property, physical or mental injury or death. I verify that I have been involved in a physical training program and that I am physically fit and do not suffer from any disability, physical ailment nor am I taking any medication that would cause me harm or limit my participation. I hereby affirm that I have carefully read, fully understand and agree to the above and that I am of legal age to execute this form as a legal document.