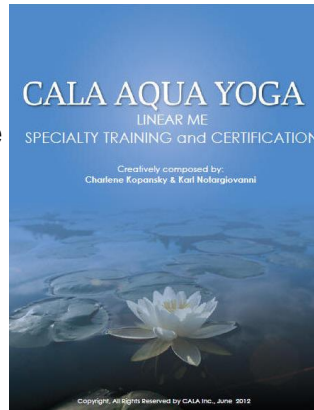


CALA Aqua Yoga Specialty Training and Certification Course



CALA Trainer Karl Notargiovanni and CALA Founder and President, Charlene Kopansky spent wonderful hours together co-designing, collaborating and co-creating the 20-hour CALA Aqua Yoga Specialty Course.



This specialty is specifically designed for recreational pool temperatures. The majority of movements are performed in chest to shoulder depth water with options to suspend select poses.

The class design flows from one sequence to another with options to accommodate all participants. Key to the uniqueness of this Specialty is how exquisitely the Spirit is affected by the properties of water. Buoyancy unloads and uplifts, resistance stimulates strength with conscious effort, turbulence invites a surrendering to life's unending flow, while hydrostatic pressure encases and protects movement within the velvet viscosity of a liquid studio. Mindfulness becomes magnified as one settles seamlessly from one movement to another.

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.

Learn pre-set aqua infused yoga poses with CALA Base moves including:

- 📄 Warm Up Sequence
- 📄 Hip Opening Sequence
- 📄 Cardio Sequence
- 📄 Balance Sequence
- 📄 Closing Sequence

Who attends the Aqua Yoga

Fitness leaders and fitness participants, kinesiologists, teachers, lifeguards/swim instructors, rehabilitation specialists, health care providers (physiotherapists, occupational therapists, PTA, OTA, chiropractors, nurses) group fitness instructors, Personal trainers, water-lovers; **Anyone who** enjoys working with people, job seeker; part time job or career change, retiree who has the time and commitment to get fit and inspire others.



What to Expect

- 📄 A combination of land and water 'activity-based' sessions are complimented with applied theoretical sessions.

CALA Aqua Yoga Specialty Training and Certification Course



- Expect to be transformed as a leader... and inspired to spread the joy of movement in water!

Key Benefits of Aqua Yoga

- The buoyancy of the water makes aqua yoga joint friendly and provides unique core stabilization opportunities while practicing the aqua yoga sequence of structured movements.
- Turbulence challenges posture and balance providing outstanding core training.
- The hydrostatic pressure experienced in water assists venous return to the heart and helps reduce any swelling of injured joints.



Pre-requisite: CALA Foundations of Vertical Water Training – The Charlene Kopansky Method

It is essential to complete the Vertical Water Training Course before participating in the Aqua Yoga Specialty.

It is recommended, not essential to complete the Group Aqua Fitness Specialty beforehand as well.

Aqua Yoga Certification – must be completed within one year of completion of the course.

Certification is offered several weeks after course completion.

Certification includes three components:

- Open book VWT theory exam
- Aqua Yoga Journal submission
- Aqua Yoga Practical assessment

Re-Certification in Aqua Yoga

By attending CALA Specialty Courses, workshops and conferences you will earn and bank Continuing Education Credits (CECs).

One hour of education (theory and/or practical) earns one CALA CEC.

Maintaining CALA certification status:

- Current CALA member, in good standing
- Bank a minimum of eight CALA approved CEC's each year.