

Aquatic Instructors

November 7 and 8, 2015
A&M Fall Innovations

REGISTER TODAY!
Register early!
Earn up to twelve
AEA CEC's
Register through
Aquatics and More
See form



WORKSHOP SYNOPSIS Fall Innovation Sessions

An educational opportunity brought to you by
Water's Edge Health and Wellness Center
551 Lone Pine Blvd
The Dalles, OR 97058

Course Provider

Robin Davis

Offers continuing education courses and workshops to fitness professionals in a positive, relaxed learning environment. And is dedicated to providing quality education to **YOU!**

Quest Provider

Kara Knight

Is an experienced Aquatic fitness instructor with training in Professional Yoga Therapy. She knows what a difference trained aqua yoga instructors can make to your patrons and programs.

BECOME INSPIRED!
GET NEW IDEAS!
MAKE CONNECTIONS!
HAVE FUN!
AND BRING HOME TRAINING
YOU CAN USE!

November 7, Saturday morning session: Provider Kara Knight

Course number#1 Agua Yoga 9:00am—12:00pm 3 CECs

This course will give instructors basic understanding of how to bring the benefits of water and yoga together. It will deepen their knowledge of yoga theory and explore ways to share the information in a comfortable way. Instructors will learn how to adjust any pose to make it water-friendly. This will increase their ability to develop more balance, strength, flexibility and relaxation in students in traditional and unexpected ways.

Saturday afternoon session: Provider Kara Knight

Course number #2 Adaptive Yoga 1:00pm-4:00pm 3 CECs

This course will familiarize instructors with chronic and acute physical and mental challenges and how the therapeutic nature of water and yoga can work together to bring comfort. Instructors will learn how to adjust any move to make it appropriate for specific populations. It will also teach instructors how to encourage students' personal awareness and acceptance to increase confidence and ease.

November 8, Sunday morning session: Provider Robin Davis

Course number #3 Pathway to Resistance 9am-12:00pm 3 CECs

The tide is changing explore how to incorporate interval training and a circuit format to achieve an intense workout. Gain an understanding of how inertia affects intensity. Stationary and travel moves that get the heart pumping and the muscles engaged

Sunday afternoon session: Provider Robin Davis

Course Number # 4 Keep it Fresh 1:00am -4:00pm 3 CEC's

Have you ever been stuck in a rut where you are feeling like a broken record? Same old moves, nothing new to add? I have some tips that will help you be more creative. Wake up your senses and reignite your passion for teaching

Bring 2 swimsuits, 2 Towels, Lunch and or money

There is a great café for Saturday only **closed on Sunday.**

Fall Innovations Registration Form Register Early

Register by October 26, and receive a discount

Register with *PayPal* at www.aquaticsandmore.com under workshops and courses or

Check | Money order # _____

Make check
payable to A&M
Send to
P.O. Box 874052
Vancouver WA.
98687

Name (please print) _____

Address _____

City / State / Zip _____

Phone _____ Email _____ Required for confirmation

(Paypal options)

Paypal option 1 : Early Registration Before October 26, 2015 save up to \$46.00

Option 1 Saturday and Sunday: Register (Both days) before **October 26** total fee **\$220.00**

Option 2 Saturday and Sunday: Register (Both days) **after October 26**, total fee **\$260.00**

Option 3 Saturday morning session: Aqua Yoga Early Registration **\$59.00**

Option 3A Saturday morning session: **After October 26, \$69.00**

Option 4 Saturday afternoon session: Adaptive Yoga **\$59.00**

Option 4A Saturday afternoon session: **After October 26 \$69.00**

Saturday both sessions: \$ 110.00 After October 26th: 130.00

Option 5 Sunday morning session: Pathway to Resistance **\$59.00**

Option 5A Sunday morning session: **After October 26 \$69.00**

Option 6 Sunday afternoon session: Keep It Fresh **\$59.00**

Sunday both sessions : 110.00 After October 26th: 130.00

CANCELLATION POLICY:

NO REFUNDS AFTER NOVEMBER 4, 2015 - CANCELLATION PRIOR TO NOVEMBER 4, FULL REFUND MINUS \$5.00 PROCESSING FEE.

Contact Information:

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Thank You