

Bainbridge Island, WA

AEA Aquatic Fitness approved CEC providers

Kara Knight and Robin Davis

March 11-12, 2017

AEA CEC Approved Workshops

Contact Robin Davis at aquaticsandmore@gmail.com or go to www.aquaticsandmore.com

When

Saturday and Sunday / March 11-12, 2017

10:00am-6:00pm

Where

Bainbridge Island Metro Park & Recreation

Madison Ave NE

Bainbridge, Island, WA 98110

Direction only: (206) 842-2302

SATURDAY MARCH 11, 10:00 AM – 6:00PM

ADAPTIVE YOGA – 3 AEA CECS PRESENTED BY KARA KNIGHT

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.

AQUA YOGA – 3 AEA CECS PRESENTED BY KARA KNIGHT

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 March 12, 10:00am – 6:00pm

DEEP WATER BLENDING: 3 CECS PRESENTED BY ROBIN DAVIS

Going deep is a great way to off load our joints in a supportive environment. Gain knowledge of the Burdenko inspired method - a systematic approach to deep water for conditioning and training while blending deep water moves you already know.

PATHWAY TO RESISTANCE: 3 CECS PRESENTED BY ROBIN DAVIS

The tide is changing. Explore a variety of challenging ways that keep your participants stimulated. We will be looking stationary power moves, interval formats that provide ways to enhance progressive overload for all ages and abilities. Plus ways to provide an effective workout in a lazy river.