



presents **Aqua Yoga Instructor Workshops**

March 27th-28th 2017

Providence Macadam Therapy Pool

5757 SW Macadam Ave, Portland, OR 97239

This two day workshop offers up to 12 hours of hands on, small group training and 12 CECs from AEA and YA. Take one, take all four or continue on to your Aquatic Yoga Certification.

Monday March 27th

9am-noon Get The Moves - Aqua Yoga Asana

Add variety to your aqua yoga, stretch and tone, and arthritis classes with an abundance of new poses. Bring new life to poses with adaptations to fit specific pools, populations, props and goals. Learn how to make any pose a water pose. (3 CECs)

1pm-4 Keep It Flowing - Choreography & Class Management

Bring it all together with natural transitions and an enriching atmosphere. Learn to choreograph aqua yoga poses to fortify the body and ease the mind. Develop techniques of inclusiveness and serenity to shape an optimum learning environment. (3 CECs)

Tuesday March 28th

9am-noon Aqua Yoga Anatomy

Familiarize yourself with the intricate anatomy of the human body and how it reacts to yoga poses and practices on land and in the water. Guide students more comprehensively through poses by learning to anticipate sensations they will feel through class. (3 CECs)

1pm-4 Adaptive Aqua Yoga

Discuss chronic and acute physical and mental challenges and how the therapeutic nature of water and yoga can work together to bring comfort. Learn how to adjust any move to make it appropriate for specific populations. Train in encouraging students' personal awareness and acceptance to increase confidence and ease. (3 CECs)

Early bird prices:

\$60 for individual courses

\$220 all 4 course

\$499 Aqua Yoga Certification

all 8 workshops + 6 hrs assignments

+ 2 free group yoga classes

+ 1 private mentor hour. {\$600 value}

(Add \$5/course if registering after 3/10/16)

Register via email

KaraKnight.Balance@gmail.com

Or mail 3611 N St. Vancouver, WA 98663

Kara Knight has been teaching aquatics since 15 years old, is certified through AEA, White Crow Yoga and The Samarya Center as an instructor and Integrative Movement Therapy Practitioner. Her passion shines through her teaching with personalized attention, clear instruction and unwavering support of body, mind and spirit.

Questions? 360.798.0062