



*Point of  
Balance*

*presents*

## **Aqua Yoga Instructor Certification** **Mon January 30th- Mon February 13th 2017** **Columbia Pool 7701 N Chautauqua Blvd.** **Portland, OR 97217**

While there are so many avenues to expand your teaching, why not take advantage of one that is truly unique, truly for all bodies and truly pleasurable for you and yours students! Why just keep making ripples when you could make a splash?  
Sign up today!

### MON 30th

#### **Aqua Yoga Basics (a) 1-4pm**

Master the basics of how to bring the benefits of water and yoga together. (3AEA)

#### **Yoga History & Philosophy (b) 5-8pm**

Ground your teaching in an understanding of the history of yoga.

### WED 1st

#### **Get The Moves -Aqua Yoga Asana (c) 1-4pm**

Add variety to your aquatic and yoga classes with an abundance of new poses. (3AEA)

### MON 6th

#### **Aqua Yoga Anatomy (d) 1-4pm**

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. (3AEA)

#### **Getting Personal**

#### **-Discovering Personal Practice (f) 5-8pm**

Enhance your teaching experience by exploring some of the many self improvement techniques yoga has to offer, from physical asana and meditation to service and gratitude.

### WED 8th

#### **Adaptive Aqua Yoga (e) 1-4pm**

Learn how to adjust any move to make it appropriate for specific populations. (3AEA)

### MON 13th

#### **Keep It Flowing -Choreography and Class Management (g) 1-4pm**

Bring it all together with natural transitions and an enriching atmosphere. (3AEA)

#### **Language & Savasana (h) 5-8pm**

Explore the basics of Yoga Nidra, Neural Linguistic Programing, and guided meditation to facilitate a truly effective teaching style.

An additional 7 hours of assignments complete the Certification Program.

Kara Knight is an experienced instructor and trainer in the field of yoga and aquatics. Her training in Integrative Movement Therapy is what has made this Aqua Yoga Certification Program accessible and thorough, science based and explorative. Please visit [PointOfBalance-LLC.com](http://PointOfBalance-LLC.com) for Q&A, email [KaraKnight.Balance@gmail.com](mailto:KaraKnight.Balance@gmail.com), or call at 360.798.0062.

These two weeks of workshops offer up to 24 hours of hands on, small group training, 15 AEA CECs and 24 YA CEs. Individual workshops can be taken for CEs or take them all for CEs and full 31hr Certification Program. Workshops do not expire for certification. Participants are encouraged to return for free "refresher" courses as often as desired.



## Aqua Yoga Registration Form

Mon January 30th- Mon February 13th 2017  
Columbia Pool 7701 N Chautauqua Blvd. Portland, OR 97217

Register by MAIL: Send Registration  
Form and payment to Point Of Balance  
3611 N St. Vancouver, WA 98663

Register ONLINE: Send registration form  
including credit card info to  
KaraKnight.Balance@gmail.com

**Space is Very Limited  
Register Today!**

Name: (please print) \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_

Address: \_\_\_\_\_ Zip \_\_\_\_\_

Email: (required) \_\_\_\_\_

\_\_\_ Check attached for \$ \_\_\_\_\_ (Payable to Point Of Balance)

\_\_\_ Credit Card through Square *add \$3.00 CC fee per course*. Amount \$ \_\_\_\_\_

CC# \_\_\_\_\_ Ex. Date: \_\_\_\_\_ CVV: \_\_\_\_\_

Please check

Courses

being

attended ➤

### **Monday 30th**

### **Wednesday 1st**

### **Monday 6st**

### **Wednesday 8th**

### **Monday 13th**

\_\_\_ Aqua Yoga Basics (a)

\_\_\_ Yoga History & Phil. (b)

\_\_\_ Get The Moves (c)

\_\_\_ Aqua Yoga Anatomy (d)

\_\_\_ Getting Personal (f)

\_\_\_ Adaptive Aqua Yoga (e)

\_\_\_ Keep It Flowing (g)

\_\_\_ Language & Savasana (h)

### **Time**

1-4pm

5-8pm

1-4pm

1-4pm

5-8pm

1-4pm

1-4pm

5-8pm

### **Early Reg.**

\$60

\$60

\$60

\$60

\$60

\$60

\$60

\$60

### **Regular**

\$65

\$65

\$65

\$65

\$65

\$65

\$65

\$65

### **Full Aqua Yoga Certification Package**

**\$499**

Package includes 8 workshops + 6 hrs assignments + 2 free group classes + 1 private mentorship session. {\$600 value}

Workshops do not need to all be taken on these dates, you may take them later. Workshops do not expire.

Please mark the workshops you will be attending.

Questions? Visit [PointOfBalance-LLC.com](http://PointOfBalance-LLC.com) or contact Kara at 360-798-0062 or [KaraKnight.Balance@gmail.com](mailto:KaraKnight.Balance@gmail.com).

I agree to hold harmless Point Of Balance, it's owners, event presenters, volunteer staff and host sites from any and all liability arising out of this event. I understand the risks of participating in this event and verify that I am in sound physical condition for activities that will be presented at this event. I agree to all conditions of registration including the cancellation policy.

**CANCELLATION POLICY:** All cancellations must be submitted in writing to Point Of Balance and be received 10 days prior to workshop. A full refund will be given (minus \$5.00 handling fee.) Those who have purchased the full program may cancel a reservation in a workshop to attend it at another date up to 2 days prior with no penalties. (\$25 fee to reschedule with under 2 days notice of workshop.)

I, \_\_\_\_\_ understand and agree to the above terms. Date: \_\_\_\_\_

Signature for terms & CC (if used) \_\_\_\_\_

While there are so many avenues to expand your teaching, why not take advantage of one that is truly unique, truly for all bodies and truly pleasurable for you and yours students! Why just keep making ripples when you could make a splash?  
Sign up today!

### **Aqua Yoga Basics (a)**

Master the basics of how to bring the benefits of water and yoga together. Deepen your knowledge of yoga theory and explore ways to share the information in a comfortable way. Learn how to adjust any pose to make it water-friendly. (3AEA)

### **Yoga History & Philosophy (b)**

Ground your teaching in an understanding of the history of yoga. This fascinating culture, spanning thousands of years, is ripe with stories and philosophies of encouragement and growth. Practice offering these gems of wisdom in a community bridging way to inspire students to seek beauty and inner strength in challenging times.

### **Get The Moves -Aqua Yoga Asana (c)**

Add variety to your aquatic and yoga 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. (3AEA)

### **Aqua Yoga Anatomy (d)**

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 and articulate sensations they will feel through class. (Please see 'DVD') (3AEA)

### **Adaptive Aqua Yoga (e)**

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. (3AEA)

### **Getting Personal -Discovering Personal Practice (f)**

Deepen your connection with students by developing your personal yoga practice. Enhance your teaching experience by exploring some of the many self improvement techniques yoga has to offer, from physical asana and meditation to service and gratitude. Grow with your students to create a space you will all long to return to.

### **Keep It Flowing -Choreography and Class Management (g)**

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. (3AEA)

### **Language & Savasana (h)**

Broaden your ability to instruct students with words of encouragement and comfort. Learn to formulate and present words in ways that are both global and personal to enhance the meditative qualities of yoga. Explore the basics of Yoga Nidra, Neural Linguistic Programming, and guided meditation to facilitate a truly effective teaching style.

*The following are required for certification. The DVD is not required but highly recommended for all participants in workshop d.*

### **Paul Grilley's 'Anatomy of Yoga' (DVD)**

Student is responsible for purchasing (around \$39), borrowing or renting the DVD. It should be watched and worksheet completed **before** workshop d, Aqua Yoga Anatomy.

### **Participate in 3 Yoga Classes (p)**

One class must be 'land' yoga, one water and the third class is student's choice. Student is responsible for cost of classes. (2 free classes at PoB studio incl. with cert. package.)

### **Private Mentorship**

1 hr freeform training, feedback and assistance with Kara. (\$60/session if purchasing separately or extra sessions. One incl. with cert. package.)