



presents **Aqua Yoga Instructor Certification**

Mon May 15th - May 18th 2017

4725 W Aire Libre Ave, Glendale, AZ

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 15th

Aqua Yoga Basics 9-noon

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

Get The Moves -Aqua Yoga Asana 1-4pm

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

Getting Personal -Discovering Personal Practice (p.1) 7:30-9pm

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.

TUES 16th

Yoga History & Philosophy 9-noon

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

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 (p.2) 7:30-9pm

WED 17th

Adaptive Aqua Yoga 9-noon

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

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

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

THURS 18th

Language & Savasana 8-11am

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 for Q&A, email KaraKnight.Balance@gmail.com, or call at 360.798.0062.

These four days 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 Certification Registration Form

May 15-18th 2017

4725 W Aire Libre Ave, Glendale, AZ

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 number to
Kara@PoB.life

*Limited to 7 Students,
Register Today!*

Name: (please print) _____ Phone: (____)_____

Address: _____ zip _____

E-mail Address: (required for confirmation) _____

Check attached for \$ _____ (payable to Point Of Balance)

Credit Card (CC) through Square *add \$3.00 CC fee per course.* Amount \$ _____

CC#: _____ Ex. Date: _____ CVV: _____

Please check courses being attended >	<u>Monday</u>		<u>Early Reg.</u>	<u>After 4/30</u>
	<input type="checkbox"/> Aqua Yoga Basics	9-noon	\$65	\$70
	<input type="checkbox"/> Get The Moves	1pm-4	\$65	\$70
	<input type="checkbox"/> Getting Personal (p.1)	7:30-9pm	\$65	\$70

	<u>Tuesday</u>			
	<input type="checkbox"/> History & Philosophy	9-noon	\$65	\$70
	<input type="checkbox"/> Anatomy	1pm-4	\$65	\$70
	<input type="checkbox"/> Getting Personal (p.2)	7:30-9pm	-	-

	<u>Wednesday</u>			
	<input type="checkbox"/> Adaptive Aqua Yoga	9-noon	\$65	\$70
	<input type="checkbox"/> Keep it Flowing	1pm-4	\$65	\$70

	<u>Thursday</u>			
	<input type="checkbox"/> Language & Savasana	8-11am	\$65	\$70

Full Aqua Yoga Certification Program + Meals \$539 (\$563 cc)

8 workshops + 6 hrs assignments + 2 free group yoga classes + 1 private mentor hour. {\$640 value}

Questions? Call Kara at 360.798.0062 or email Kara@PoB.life.

Accommodations cover Sunday 14th from 4pm to Thursday 18th at noon, 4 nights total, and bonus activities. -Kirtan and silent sitting practice will be held Sun 7:30 -8pm. This is an optional practice and is a lovely way to set the tone for our time together. Please arrive in time to settle in before 7:30, or wait until after 8 to enter. -Optional yoga (on mat) 7-7:30a + 7:30a guided meditation on M/T/W.

__ **Master Suite** - Private room with King bed and full bathroom. 1 available. (\$200)

__ **Shared room** - Full sized bed in room with 1-2 other students. 4 available. (\$140)

__ **Shared room** - Twin sized top bunk (steps not ladder) with 1-2 other students. 1 available. (\$95)

__ **I'll be staying elsewhere** Free - Please read ** below

**While staying with us for training is not mandatory, due to our small group, registrations with accommodations will be given first preference. If you would like to join us for training but stay elsewhere, please send your registration. There is only one space reserved for training w/o accomodation. If you are not the first to request this space, you will be informed if another space becomes available by April 12th at the latest.

*Taking courses individually instead of the full certification program will be permitted if there is space available.

Meals will be home prepared vegetarian (organic when possible) fare and is included with training.

Breakfast 8am M/T/W, 7am TH

Lunch 12:15 M/T/W

Healthy Snacks 5-7pm S/M/T/W

Please sit any allergies and severity. (ie, can't eat much/ can't eat a drop/ can't be in the room with it)

Anything else we should know or could help you with? _____

I agree to hold harmless Point Of Balance its owners, event presenters, volunteer staff, and Point Of Balance host sites from any and all liability arising out of this event. I understand that risk is involved with 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. Cancellation received before March 12,2017 will receive a full refund minus \$5.00 handling fee. No refunds after March 12, 2017

I, _____ understand and agree to the above terms. Date _____