

*Join our*

## *Aqua Yoga Certification Program*

This hands-on program offers 31 hrs of training:

- 8 Workshop Courses (3 hrs each)
  - a. Aqua Yoga Basics
  - b. Yoga History & Philosophy
  - c. Get The Moves - Aqua Yoga Asana
  - d. Aqua Yoga Anatomy
  - e. Adaptive Aqua Yoga
  - f. Getting Personal - Discovering Personal Practice
  - g. Keep It Flowing - Choreography & Class Management
  - h. Language & Savasana
- 6 hrs of Assignments
  - DVD. Watch Paul Grilley's 'Anatomy of Yoga' and complete worksheet
  - p. Participate in 3 yoga classes of varying styles and complete worksheets
- 1 hr Private Mentorship

### 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.

### 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 aqua 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.

### 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.

#### 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' below)

#### 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.

#### 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.

#### 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 Programing, and guided meditation to facilitate a truly effective teaching style.

#### 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 studios come with certification program package.)

## Private Mentorship

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

Workshops cost \$60-69 when purchased individually.

## Certification Program Package

All 8 workshops + 2 free group yoga classes + 1 private mentorship session = \$499 {\$600 Value}

## Q&A

### **Do I have to take the courses all together?**

No. These course can be spread out to meet your needs. They do not expire.

### **Do I need to take all the courses?**

If you want to be certified, yes. If you are interested in just a few CEs or personal or teaching enrichment, you can cherry pick whatever you like.

### **What if I need a refresher?**

We encourage you to take courses again as often as you like for free! Repetition is an amazing learning tool *and* new students benefit from your experience and participation in the aqua yoga community and so do we. Refreshers are of course dependent on space in the workshop. CEs are not given for refresher courses.

### **Do I have to take the workshops in order?**

No, and . . . it is recommended that some things come before others.

Aqua Yoga Basics should be done first if at all possible.

Watch at least a portion of the DVD before Aqua Yoga Anatomy.

Getting Personal - Discovering Personal Practice would be more beneficial for those with a previous background in yoga or who have taken a few of the other courses first.

Participation in yoga classes (for this assignment) should be done after the workshop courses.

Mentorship cannot be completed until everything else is done. (Extra mentorship is available upon request at any time during the program at an additional cost, \$60)

### **I need Continuing Education now. Do I have to wait until I'm certified to get it?**

No. Each individual course provides CEs immediately upon completion.

### **What organizations can I get Continuing Education for and how many?**

That depends on the course taken.

- a. Aqua Yoga Basics, 3 AEA, 3 YA

- b. Yoga History & Philosophy, 3 YA
- c. Get The Moves - Aqua Yoga Asana, 3 AEA, 3 YA
- d. Aqua Yoga Anatomy, 3 AEA, 3 YA
- e. Adaptive Aqua Yoga, 3 AEA, 3 YA
- f. Getting Personal - Discovering Personal Practice, 3 YA
- g. Keep It Flowing - Choreography & Class Management, 3 AEA, 3 YA
- h. Language & Savasana, 3 YA

We are currently going through the process to qualify for the Aquatic Therapy & Rehab Institute (ATRI), and will be looking into the Aerobics and Fitness Association of America (AFAA). Courses a,c,d,e, and g can be approved by AFAA through a petition. AFAA charges \$15 for petitions.)

Unfortunately the American Council on Exercise (ACE) will not grant CEs for our courses because they are part of a complete certification program.

### **What can I expect in a workshop?**

Workshops a,c,d,e, and g have 1.5 hrs interactive lecture/movement and 1.5 hrs water time including an aqua yoga class, teaching techniques and teaching practice.

Workshops b,f and h are 3 hrs of interactive lecture/movement and teaching techniques.

### **Do you present in my area?**

We would LOVE to! Contact us for information regarding hosting options or tell us where you're located and we'll reach out to pools near you. Workshops b,f and h do not require pool time so they are the easiest to schedule. KaraKnight.Balance@gmail.com

### **Who would benefit from taking your workshops?**

You will! People have many reasons for taking these workshops from personal enrichment to career advancement. Learn more about your own body and mind and grow a deeper connection with it. Add stretches, posture awareness and relaxation techniques to any teaching situation. Join a community of well-being minded individuals. Grow your class sizes through knowledgeable, quality instruction.



### **Where do I sign up?**

If no registration forms or links are currently on our website, please email and we'll get that information to you. PointOfBalance-LLC.com

