

Fall into Aqua Yoga | Aquatics and More

Introducing: Kara Knight

Kara has been teaching in the water for fourteen years. She was certified through AEA in 2006, was soon introduced to aqua yoga and was certified through White Crow Yoga. Kara became intrigued by the many facets of yoga and began studying as many forms as she could. Through this process she found that pain from her past injuries subsided. Her passion for healing shines through her teaching with personalized attention, clear instructions and unwavering encouragement. Kara is currently completing Integrated Movement Therapy training through The Samarya Center to become a Yoga Therapist.

September 20, 2104

Propstra Aquatic Center
605 N. Devine
Vancouver, WA 98661
360-313-3625 -For Direction Only

- * **Gain Knowledge** how to bring the benefits of yoga and water together.
- * **Deepen your understanding** of yoga theory and explore ways to share the information comfortably.
- * **Increase balance, strength, flexibility, and relaxation** in students with classic poses performed in traditional and unexpected ways.
- * **Practice how to adjust poses** to make it water friendly



Am Session Aqua Yoga Course # 14896

Course Description:

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.

AQUA YOGA 3 CECs

PM Session Adaptive Aqua Yoga Course #14895

Course Description:

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.

**The pool temperature at Propstra Aquatic Center
is 92 degrees perfect for Yoga training**

**Register early to reserve you space for this quality
educational event.**

Kara and I are looking forward to meeting you in September.

If you have any question Please contact:

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