

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. Her passion for healing shines through her teaching with personalized attention, clear instructions and unwavering encouragement. Kara is currently training to become a Yoga Therapist.

September 20th 2014

9:00- 12 noon

1:00- 4:00pm

**Propstra Aquatic Center
605 N Devine Rd.
Vancouver, WA 98661**

Learn to weave the benefits of water and yoga together.

**Strengthen cuing
skills through
direct,
inclusive,
inspirational
language.**



**Explore principles
of adapting
aqua yoga
to specific
needs of
individuals.**

**Increase balance, strength, flexibility, and tranquility
with classic poses performed in both
traditional and unexpected ways.**