

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.**

AM Session ~ Aqua Yoga

9:00- 12noon

This course will give participants a 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. Participants will learn to adjust any pose to make it water-friendly. This will increase their ability to develop more strength, flexibility and relaxation in themselves and their students.

PM Session ~ Adaptive Aqua Yoga

1:00- 4:00 pm

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. Participants 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 water temperature at Propstra Aquatic Center is 92 degrees,
perfect for yoga training!

Register early to reserve your space for this
quality educational event.

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

If you have any questions, please contact:

Kara at KaraKnight.Balance@gmail.com or

Robin at aquaticsandmore@gmail.com