

BCRPA PRE-APPROVED WORKSHOPS

Important Notice:

Please be advised that all courses are offered and/or facilitated by independent presenters/providers. While the BCRPA Fitness Program approves that the proposed content of the course is applicable to fitness leaders, ***the BCRPA Fitness Program is not affiliated with their operation and delivery and assumes no further responsibility or liability to registrants/participants taking these courses.*** All inquiries, registrations and any other issues are to be referred directly to the course providers.

Workshop listings are organized alphabetically by Location then chronologically by Date.

Location	Date	Workshop Title	Contact	Phone	CEC's	Website
Lantzville	10-Apr-21	In-depth Anatomy	Red Door Yoga	250-390-9367	16	https://www.reddooryoga.ca/product/rdyt200-in-depth-anatomy/
Lantzville	19-Jun-21	Classical Hatha Yoga	Red Door Yoga	250-390-9367	16	https://www.reddooryoga.ca/product/rdyt200-classical-hatha
North Vancouver	17-Apr-21	FIRE - Women;s Self Defense Workshop	Jennifer Bajus	604-671-3358	2	https://www.instagram.com/kravmagaforcefire/
Online	27-Mar-21	Finding Balance: Dual Task, Vestibular, and Cognitive Exercises	Kerry Carlson	250-550-8024	8	www.activeinitiatives.com
Online	10-Apr-21	FitFlow Chair Yoga	Tina Grant	778-882-9642	4	fitflowyoga.ca
Online	10-Apr-21	Spring Fitness Conference - Douglas College	David Munro	604-527-5041	7.5	https://www.douglascollege.ca/programs-courses/continuing-education/sports-institute/2021-douglas-college-fitness-conference
Online	10-Apr-21	Barre Above - Online Webinar	Fitness Marketing Group Inc	1-888-290-3488	8	www.FMGonline.ca
Online	10-Apr-21	Teaching Chair Yoga	Stacey Buss	604-836-0424	24	groveyogaschool.ca
Online	17-Apr-21	Pilates with Props	Lela Dawson	604-318-3326	4	www.LelaDPIlates.com
Online	17-Apr-21	FitFlow Yoga Fusion	Tina Grant	778-882-9642	4	www.fitflowyoga.ca
Online	17-Apr-21	Healthy Breathing Practices WEBINAR	Veronika Glesc	604-879-5500	6	www.inshapetraining.net

Online	24-Apr-21	I am Ageless Now - Online Webinar	Fitness Marketing Group Inc	1-888-290-3488	6	www.FMGonline.ca
Online	01-May-21	Pilates for Mobility Issues - Pilates on the Chair and Standing Pilates	Lela Dawson	604 318 3326	8	www.LelaDPilates.com
Online	19-Jun-21	Teaching with Precision in Pilates	Lela Dawson	604 318 3326	8	www.LelaDPilates.com
Online	09-Apr-21	Gut Instinct: Weight, diet and the gut/brain conversations	Joyce Resin	604-418-9957	1.5	joyceresin.wixsite.com/website-6
Vancouver	23-May-21	FIRE - Female Self Defense Workshop	INFOFIT Educators	604-683-0785	2	www.infofit.ca
Vancouver	12-Jun-21	Pilates Fitness Level Two	Lela Dawson	604 318 3326	8	www.LelaDPilates.com
Vancouver	20-Jun-21	Muscle testing and Function	INFOFIT Educators	604.683.0785	7	www.infofit.ca
Vancouver	16-Sep-21	Cardiac Rehab	INFOFIT Educators	604.683.0785	7	www.infofit.ca