

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	19-Jun-21	Classical Hatha Yoga	Red Door Yoga	(250) 390-9367	16	https://www.reddooryoga.ca/product/rdyt200-classical-hatha
North Vancouver	24-Apr-21	Effective Seniors Balance and Mobility Training Program (ESBMT): Skill Progressions Workshop	SureFeet	604-417-6441	6.5	http://www.surefeet.ca/leagues/custom_page.cfm?clientid=5423&leagueid=23463&pageid=16069
Online	24-Apr-21	Aqua Cardio Kick Box Boot Camp – Choreography	CALA	416-751-9823	4	cala_aqua@mac.com
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	06-May-21	Optimizing Hip and Knee Function Livestream Interactive for Post-Op Hip and Knee Management	Kerry Carlson	250-550-8024	8	www.activeinitiatives.com
Online	15-May-21	The Path of Pranayama	Red Door Yoga	250390-9367	7.5	https://www.reddooryoga.ca/product/rdyt200-the-path-of-pranayama/
Online	16-May-21	Understanding The Chakric System	Red Door Yoga	250390-9367	7.5	https://www.reddooryoga.ca/product/rdyt200-the-chakric-system/
Online	22-May-21	Healthy Breathing Practices WEBINAR	Veronika Glesc	604879-5500	6	www.inshapetraining.net
Online	31-May-21	Finding Balance: Dual Task, Vestibular, and Cognitive Exercises	Kerry Carlson	250-550-8024	8	www.activeinitiatives.com
Online	05-Jun-21	Teaching Chair Yoga	Stacey Buss	604836-0424	24	groveyogaschool.ca
Online	19-Jun-21	Teaching with Precision in Pilates	Lela Dawson	604 318 3326	8	www.LelaDPilates.com

Online	15-May-21	The Art of Creative Indoor Cycling Drills	Rachel Seay Inner Fit Studios	604315-0612	16	https://innerfitstudios.com/
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