

LIVE WORKSHOPS BY A BCRPA LEADER



DATE/LOCATION	TITLE	CONTACT	PHONE	CECs	LINK
Victoria - August/Online	Optimizing Women's Health: From Puberty to Post-Menopause	Active Initiatives	(250)550.8024	16	Active Initiatives
Vancouver - October 4, 2026	Teaching prenatal clients with confidence	Lela Dawson	(778)999.0635	4	canvaspilates.com
Langley - January 10, 2027	Intro to Prenatal Fitness	Gaylene Thoeny	(604)882.9094	7	Grove Yoga School
Langley - January 24, 2027	Intro to Prenatal Fitness	Gaylene Thoeny	(604)882.9094	7	Grove Yoga School

LIVE WORKSHOPS BY AN EXTERNAL PROVIDER



DATE/LOCATION	TITLE	CONTACT	PHONE	CECs	LINK
Langley - May 9-10, 2026	Kinetic Chain Release	Kim Maxwell	(604)378.2100	13	Somapacifica
Langley - June 6-7, 2026	Kinetic Chain Release	Kim Maxwell	(604)378.2100	13	Somapacifica
Brookswood - July 26-27, 2026	Kinetic Chain Release	Kim Maxwell	(604)378.2100	13	Somapacifica
Penticton - July 17-19, 2026	Core Pilates Method Mat	Rhona Parsons	(250)308.8616	65	www.thecorepilatesmethod.com
Windermere, Edmonton - June 20, 2026	Women's Wellness Coaching	ACTIVATE Academy - Connie Beaulieu	(613)720.4611	8	https://activatefit.ca/women-coaching-certification/