

LIVE WORKSHOPS BY A BCRPA LEADER



DATE/LOCATION	TITLE	CONTACT	PHONE	CECs	LINK
Online - May 10, 2026	Core Competence: Pre & post Natal Instructor Workshop	Lorraine Stitilis	(604)916.6717	16	https://strongcorepilates.ca
Langley - August 2, 2026	Gently Adding Sanskrit	Stacey Buss	(604)836.0424	3	yogaonly.ca
Victoria - August 15, 2026	Indoor Cycling Certification	Sonja Bidese		5	www.successfitness.ca
Langley - August 16, 2026	Intro to Restorative Yoga	Gaylene Thoeny	(604)882.9094	3	Grove Yoga School
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
North Delta - August 20, 2026	Fitness and Mobility Exercise Program Training	Dept. Physical Activity UBC	(604)714.4117	6	stanley.hung@ubc.ca