

LIVE WORKSHOPS BY A BCRPA LEADER



DATE/LOCATION	TITLE	CONTACT	PHONE	CECs	LINK
West Vancouver - Sept 19, 2026	Exploring Elderhood and Active Ageing Exercises	Melanie Galloway	(604)925.7270	2	Health and Fitness Continuing Education Day.
West Vancouver - Sept 19, 2026	Pelvic Floor, Anatomy Conditions	Farah Manocheri	(604)925.7270	1	Health and Fitness Continuing Education Day.
West Vancouver - Sept 19, 2026	Joint Replacement Rehabilitation	Todd McNutt	(604)925.7270	1	Health and Fitness Continuing Education Day.
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West Vancouver - Sept 19, 2026	Cueing and Choreography	Lisa Pedersen	(604)925.7270	1	Health and Fitness Continuing Education Day.
West Vancouver - Sept 19, 2026	Exercise Considerations for People Living with Cancer	Reegan Garret	(604)925.7270	1	Health and Fitness Continuing Education Day.

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Victoria - October 2026	Indoor Cycling Certification	Sally Larrington-Brown	(250)382.8482	8	cfitness@shaw.ca
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
Online	The Power of Breathwork	Rhona Parsons	(250)308.8616	6	Rhona Parsons
Online	Breath into Balance	Rhona Parsons	(250)308.8616	10	Rhona Parsons