

1216 – Therapeutic Fun with Indigo Equipment

Beginner / Pool Only

Sanibel, FL / Thursday, June 25, 2020 – 4:30-5:30 pm – 1.0 credit hour

(Pool: 4:30-5:30 pm)

Faculty: Paula Raphael, BA

COURSE DESCRIPTION:

AcquaPole® Happy Flowers equipment works for increasing or decreasing resistance in a movement. We'll be using them in Yoga Flow with Warrior, Balancing, Wide Leg and Plank Series. With the SAF AQUA® Drums Vibes, we'll use a combination of drum rhythms. Perfect for neuro and aging for basic stability and mobility, strength, flexibility, and coordination. The AcquaPole® Circuit Revolution benefits the management of water space by adding a horizontal dimension to the Acquapole® equipment for a wider execution of movements. The AcquaPole® accessories can be attached to the poles (T Traction, Boxing Bag, Elastic Bands) to take your session into a new realm. Finally, AcquaPole® Jump is a trampoline that uses the elastic force of the mat for coordination exercises and proprioceptive / kinesthetic improvements.

COURSE OBJECTIVES:

- 1) Experience yoga-inspired and resistive exercises with the AcquaPole® Happy Starfish equipment.
- 2) Review ways to use the various AcquaPole® tools to increase flexibility and range of motion, improve balance and proprioception, coordination, improve LE function and circulation.
- 3) Exercise in three planes of motion with special gear.
- 4) Use equipment to experience numerous exercises in variable water depths.

FACULTY: Paula Raphael, BA, is owner of Splash Fit, LLC, in Fort Myers, Florida. She has been bringing a wide variety of specialized aquatic fitness classes to her area since 2011. Paula is AEA and ACE certified as well as Registered Yoga Teacher with Yoga Alliance. She is also a Master Trainer for Acquapole and SAF AQUA Drums Vibes. Paula has presented at fitness conferences at various cities in the US. She also provides onsite trainings and demonstration locally, nationally and internationally for SAF AQUA Drums Vibes and Acquapole.