

WELLNESS RETREAT ITINERARY

Day 1	2pm - Arrival, registration & check-in 3pm - Vinyasa yoga session 5pm - Fresh juice break 6pm - Journalling class 7pm - Group dinner
Day 2	8am - Meditation & yoga session 10am - Fresh juice break 11am - Tai Chi 1pm - Coastal hike 6pm - Group dinner
Day 3	6am - Sunrise yoga 8am - Group breakfast 10am - Gong meditation 11am - Raw cookery class followed by lunch 2pm - Free time to enjoy retreat amenities 5pm - Group dinner
Day 4	8am - Meditation & yoga session 10am - Fresh juice break 11am - Tai Chi 1pm - Forest bathing hike 6pm - Group dinner
Day 5	9am - Restorative yoga 11am - Check-out & departure

Wellness Retreat Workout Plan Chicago

Aquatic Exercise Association

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Aquatic Fitness Professional Manual Aquatic Exercise Association,2025-03-13 Water exercise is a proven fitness activity with health and well being benefits for all age groups abilities and fitness levels As such it is one of the most popular fitness trends among those seeking effective reduced impact options for group exercise small group training personal sessions and rehabilitation therapy As the primary preparation resource for the certification exam of the Aquatic Exercise Association AEA and a recommended resource for the certification exam of the Aquatic Therapy Rehab Institute ATRI Aquatic Fitness Professional Manual Eighth Edition is the most comprehensive resource available to help you design and lead effective exercise sessions in the pool With contributions from 23 industry experts Aquatic Fitness Professional Manual covers the foundations of fitness and exercise the aquatic environment and instruction and programming You will learn how to energize your teaching with techniques based on popular fitness formats such as functional training yoga boot camp Ai Chi circuits and intervals and programs for various chronic conditions You ll also find updated information on shallow and deep water exercise Presenting a new full color format and updates that reflect the latest research and exercise guidelines the eighth edition also incorporates the following AEA standards and guidelines for aquatic fitness programming Expanded guidelines for working with special populations and those with health conditions including dementia and autism spectrum disorder Facts about the benefits of exercise on cognitive health and programming ideas for cognitive fitness training A new section on diversity equity inclusion and accessibility For those preparing for the AEA Aquatic Fitness Professional certification exam you ll find a detailed glossary and index key chapter concepts at the beginning of each chapter and a summary and review questions at the conclusion of each chapter to help you study Additionally downloadable resources delivered online through HKPropel include practical tools such as instructor worksheets and sample class formats Nowhere else will you find the fitness applications and comprehensive programming you need in one convenient resource Aquatic Fitness Professional Manual will not only help you in preparing for certification but also aid you in cultivating the critical skills needed to lead safe enjoyable and effective aquatic exercise programs Note A code for accessing HKPropel is included with this ebook **Indianapolis Monthly** ,2003-11 Indianapolis Monthly is the Circle City s essential chronicle and guide an indispensable authority on what s new and what s news Through coverage of politics crime dining style business sports and arts and entertainment each issue offers compelling narrative stories and lively urbane coverage of Indy s cultural landscape **Spa** ,2006 **Mademoiselle** ,1993-07 **Longevity** Kathy Keeton,1992 Examination of the latest in antiaging science that includes a list of strategies for people to look act and feel younger than their years **Training and Development Organizations Directory** Janice W. McLean,1994 This reference is a guide to more than 2500 companies that produce more than 12 000 workshops seminars videos and other training programmes that enhance skills and personal development **The Washingtonian** ,1989 **The Spa Finder** ,1995 **Murray V. Chicago Youth Center** ,2004

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