



Yoga Fitness Module

Teaching for a Practice Across the Lifespan

An exploration of accessibility, adaptability & ageing in the yoga classroom.

In-Person, Saturdays, 9am - 2pm

October 17/24, November 7/14/21 & December 5 & 12, 2026

Sunroom, Langley Senior Resource Society, Recreation & Resource Centre*

20605 51B Avenue, Langley City, BC

*On November 21st, and potentially 1-2 other days, our training space will move to a lovely private home overlooking Newlands Golf Course. Only a few minutes away from LSRS.

*Module meets the BCRPA Performance Standards (Yoga).
\$495 includes approx. 40 hours of in-person participation and an in-depth printable .pdf manual. No GST.
Self-study time is encouraged for sequencing practice and personal development.*

NAME

Exactly as you'd like it on your certificate.

EMAIL

PHONE

ADDRESS/CITY/POSTAL CODE

EMERGENCY CONTACT & PHONE

YOGA FITNESS MODULE — \$495.00

Please forward registration form and fee to **yogaonly@telus.net**

Waiver & Acknowledgement

I confirm that I am able to participate fully and meet the prerequisite training and practice experience for joining a Yoga Fitness training (outlined on the BCRPA website). I agree to release and hold harmless the faculty (Stacey Buss) and the location provider from any liability for injury incurred during participation or subsequent practice. I understand that education credits are granted upon completion of the module. As withdrawals may affect program viability, no refunds will be issued after September 28th, 2026. If the faculty or facility cancels, a full refund will be processed.

Signature:

Date:

Workshop Presented by:

Stacey Buss

E-RYT® 500, YACEP®,

BCRPA/CFES Yoga Fitness TFL/SAE & Older Adult Fitness Leader

BoneFit™ Trained

604-836-0424

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yogaonly.ca