

# COLONA WATERSPORTS

RED SEA KITEBOARDING CENTRES - HURGHADA + SHARM EL SHEIKH

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## KIRSTY JONES KITEBOARDING / YOGA CLINICS

March 2009 - Colona Watersports, Hurghada, Egypt

The Kirsty Jones Clinics are 5 day intense Kiteboarding/Yoga training courses. They have been designed to maximize your individual progress by riding with and receiving tuition from world wave champion Kirsty Jones. We will run two courses March 25<sup>th</sup> – 30<sup>th</sup> or April 1<sup>st</sup> – 5<sup>th</sup>. Each clinic will have a maximum of 8 riders to allow for individual tuition.

This is a bespoke course teaching kitesurf improves an introduction to their first tricks and the opportunity to learn basic freestyle moves. Using a combination of personal training techniques, on the water feedback and video footage analysis, Kirsty will run through it step by step, move by move, giving hints, tips and advice.

Daily Yoga sessions have been formulated by Kirsty who is an internationally qualified Yoga instructor, to increase strength, agility and focus and are designed to prepare the body and mind for kitesurfing.

The course focuses on a menu of freestyle moves which will build in difficulty throughout the week, starting with edging techniques, pop to toeside and toeside turns, downloop turnsboosting a stylish and controlled jump, back and front rotations first single and then double etc. Kirsty will introduce you to un hooking and your first unhooked tricks.

To get the most out of a clinic you should at least be at a level where you ride upwind comfortably and have started trying your first jumps (but maybe not landing them yet ;-).

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The price for the 5 day Kiteboarding Clinic is 485 Euro and includes the following:

- 5 days of intense riding with and tuition from Kirsty.
- Personal riding sessions with Kirsty.
- Daily video shoots with follow ups in one on one sessions with Kirsty.
- Daily Yoga Sessions warming you up for your session on the water
- Rescue & Storage Service including 24/7 wireless internet access
- CD with your own video clips on to take home.
- 15% Discount on food and drinks at Shade The Bar and Grill

The course fee is non-refundable and must be guaranteed by credit card and paid in full, in advance by bank transfer or credit card to secure your spot on the course.

For any further information just e-mail us at: [info@colonawatersports.com](mailto:info@colonawatersports.com)

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## COLONA WATERSPORTS

Magawish Hotel, Hurghada, Egypt

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e-mail: [info@colonawatersports.com](mailto:info@colonawatersports.com) - web: [www.colonawatersports.com](http://www.colonawatersports.com)

# KIRSTY JONES KITE & YOGA CLINIC - Registration for Candidates

Please fill out this form and e-mail or fax it back to Colona Watersports, Fax number +1 443 328 0728

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## TO BE COMPLETED IN UPPER CASE ONLY

Training location: **COLONA WATERSPORTS  
MAGAWISH VILLAGE, HURGHADA, RED SEA, EGYPT**

Date:  March 25th - 30th  April 1st to 5th 2009

Full Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Zip: \_\_\_\_\_

Country: \_\_\_\_\_

Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Course fee: **Euro 485.-**

To confirm your place on this course you must provide your credit card details below as guarantee. Please note that we will NOT charge your card but keep the details as guarantee for your place on the course. For payment The 485.- Euro non-refundable course fee will be invoiced after registration, payable via bank transfer or credit card.

Credit Card Type:  Visa  Mastercard

Card Number: \_\_\_\_\_

Expiry Date (MM/YY): \_\_\_\_\_ / \_\_\_\_\_ Security Code: \_\_\_\_\_

Card Holders Name: \_\_\_\_\_

## Release of Liability and Indemnity Agreement

*I hereby voluntarily request participation in the clinic with full knowledge of the risks involved in the practice of kiteboarding. I assume any and all risks of injury and I agree that IKO, related employees or Colona Watersports Ltd. can not be held responsible in any way for injuries or damages suffered by me as a result of my participation in this activity.*

*Furthermore, I hereby release and discharge the released parties and agree not to file suit against them. In case there is no wind during the 5 days of the course I understand that the course may be moved to a later date however the yoga clinic and theory will still go ahead on a daily basis. If I cancel my Kite Clinic booking Colona Watersports Ltd. nor any tour operator nor agent will not refund my course fee. I have read and understood this Deed of Release and freely accept and agree to be bound by its terms and conditions. I will give due respect to the safety of myself and others at all times whilst on the course.*

Date & Signature: \_\_\_\_\_

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