# CERTIFICATE

## Erin Clair

has successfully passed the AYA certified **25-hour teacher training**

## Inside Flow® Teacher

with the following content:

- Unity of Movement, Breath and Body
- Creative Vinyasa Building and Sequencing
- Functional Breathing Techniques
- Establishing Rhythm and Pace While Teaching
- Designing Playlists for an Inside Flow Class and Connecting the Sequence to a Deeper Intention

The training included 50 hours of theory and practice. All components based on the guidelines of Yoga Alliance have been taught. The examination has been completed and passed in theory and practice.

Start Date: Oct 10, 2024
Exam Date: Oct 13, 2024
Training Credits: 25

Location: Oklahoma City, OK
Country: United States of America
Teacher Trainer: Rebecca Rasmussen

An active license on insideflow.com is mandatory to teach Inside Flow. By receiving this certificate, the certified teacher accepts and agrees to the terms and guidelines on insideflow.com

**Young Ho Kim**
Founder of Inside Flow

**Rebecca Rasmussen**
Teacher Training

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