CERTIFICATE

Erin Clair

has successfully passed the AYA certified **50-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.

Event Dates: August 4-10, 2025
Exam Date: August 9, 2025
Training Credits: 50

Location: Heritage Hotel, Southbury
Country: United States of America
Teacher Trainer: Young Ho Kim

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 Host

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