CERTIFICATE

Erin Clair

has successfully passed the AYA certified **20-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 20 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: June 16, 2023
Exam Date: June 18, 2023
Training Credits: 20 TRC

Location: Southbury, CT
Country: United States
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
Lead Teacher Trainer

INSIDE FLOW

INSIDE ACADEMY

RYS 300 yoga ALLIANCE