

INSIDE FLOW ACADEMY ONLINE TEACHER TRAINING

**CERTIFICATE OF
COMPLETION**

March 15, 2021

This is to affirm that

Erin Clair

has successfully completed the 10-hour Inside Flow Academy course on the online yoga platform tintyoga.com, passed the final examination and is recognized as a certified teacher and supportive member of the global Inside Flow® community.

COURSE CONTENT

- Unity of Movement, Breath & Body
- Creative Vinyasa Building & Sequencing
- Functional Breathing Techniques
- Establishing rhythm and pace while teaching
- Connecting the sequence to a deeper intention
- The intensive online training included 10 hours of theoretical and practical parts.
- The examination has been completed and passed in theory and practice.



Young Ho Kim

Founder Inside Flow &
Director TINT Academy

**FLOWS INCLUDED IN
THIS LICENSE**

Fighting For by Lyra Blue (Janine Lustforlife)
Man on a Mission by Oh The Larceny (Young Ho Kim)
Fearless by Kat Leon (Alexey Gaevskij)
Higher I Will Go by Jamie (Ami Norton)