

# 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.

Start Date: July 22, 2024  
Exam Date: July 28, 2024  
Training Credits: 50

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

An active license on [insideflow.com](https://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](https://insideflow.com)



**Young Ho Kim**  
Founder of Inside Flow



**Rebecca Rasmussen**  
Teacher Training Host

