

CERTIFICATE

Erin Clair

has successfully passed the AYA certified **15-hour teacher training**

Inside Flow® Teacher

with the following content:

- Unity of Movement, Breath and Body
- Creative Vinyasa Building and Development
- Amplify Stage Presence and the Art of Storytelling
- Establish Rhythm and Pace While Teaching
- Advance Sequencing through Flow Factory
- Achieve success as an Inside Flow teacher.

The training included 15 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 10th, 2025

End Date: Oct 12th, 2025

Training Credits: 15

Location: Roxbury, CT.

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



INSIDE FLOW



INSIDE ACADEMY

