



This is to certify that on November 9, 2019

Annabelle Hart

successfully completed the PROFessional package
of the Inspired Kids Yoga Teacher Training

Module One : Foundations (Ages 5-12)

Module Two : Planning, Practical Teaching, Processing

Module Three : Early Childhood

Module Four : Teens

Module Five : AcroYoga

Module Six: Yoga For Special Needs

Module Seven : Yoga in Lower Primary School

Module Eight : Yoga in Upper Primary School

Module Nine : Yoga in High School

Module Ten : Mentorship

Total of 117 hours (87 contact hours + 30 non contact hours) in the study of:
anatomy; yoga techniques; teaching methodology; ethics; classroom management
and practical teaching of yoga poses; games; breathing & relaxation
for children and teens in school and group settings.

Stacey
Stacey Louise
Teacher Trainer

