

YOGABODY TEACHERS COLLEGE

# Certified Breath Coach

*Jessica Lang*

Has successfully completed the 15hr Breath Coach Training course conducted by YOGABODY Teachers College®.  
The course covered the anatomy and biomechanics of breathing, six foundation practices, nervous system management,  
business, marketing, and client services.



Lucas Rockwood, Training Director  
E-RYT® 200, RYT® 500, YACEP®

