

THIS IS TO CERTIFY THAT

*Jessica Torna*

*Has Successfully Completed AUM Home Shala's 200-hour Yoga Teacher Development Training Program  
and has earned the Distinction of, and is hereby Designated and Authorized to use the Title:*

**200-Hour YOGA TEACHER**

*In testimony thereof, the Director of School sets her signature.*

*Given at Coconut Grove, in the State of Florida, on the twenty-second day of March 2020.*

A handwritten signature in black ink, appearing to read "Melinda D. Atkins", written over a horizontal line.

MELINDA D. ATKINS, M.E.D., E-RYT500, C-IAYT  
School & Program Director  
Registered Yoga Alliance School #19366



200 - Hour RYS REQUIRED CATEGORY	Hours Required	Contact Hours Completed	Hours Remaining
<b>Techniques Training/Practice</b>	<b>100</b>	<b>100</b>	<b>0</b>
9/28/19: Modification for illness		7	
9/29/19: Modification for illness		10	
10/4/19: Neuroplasticity-Seniors		2	
10/5/19: Yoga for newly diagnosed PD		1	
10/11/19: Ujjai, Drishti/Intro to Ashtanga		1	
10/11/19: Connective Tissue + Lower Back		1	
10/12/19: Spine		3	
10/13/19: The Spine		3	
10/18/19: Neuroplasticity-Seniors		2	
10/19/19: Newly Diagnosed PD		2	
10/25/19: Astanga thru Padahastana		1	
11/1/19: The Joints		2	
11/2/19: The Joints		1	
11/3/19: The Joints		1	
11/23/19: Guru Kula		9	
1/11/20: Chronic Pain		6	
1/12/19: Chronic Pain		5	
1/16/20: Asana Practice-Surya Namaskaras		2	
1/17/20: Yoga and Neuroplasticity for Seniors		3	
1/18/20: Yoga for Posture, Fibro, Anxiety		4	
1/18/20: Elements of a Protocol		4	
1/19/20: Koshas/Elements of a Lesson Plan		5	
1/25/20: Yoga for Seniors		2	
1/25/20: Yoga for Newly Diagnosed PD		2	
1/24/20: Yoga for Feet and Gait		3	
1/25/20: Yoga for PD		2	
1/25/20: Yoga for the Feet		3	
1/26/20: Yoga for the Feet		6	
1/26/20: Yoga and MELT		2	
1/31/20: Neuroplasticity		2	
2/7/20: Neuroplasticity		1.5	
2/9/20: Yoga for newly diagnosed PD		1.5	
<b>Teaching Methodology</b>	<b>25</b>	<b>25</b>	<b>0</b>
9/28/19: Protocols for Chronic Conditions		6	
9/29/19: Protocols for Chronic Conditions		2	
10/5/19: Yoga for newly diagnosed PD		1	
10/11/19: Surya Namaskara A-Padangustasana		2	
10/11/19: Connective Tissue + Lower Back		1	
10/12/19: Centering		1	
10/13/19: The Spine		2	
11/1/19: The Joints		4	
11/2/19: The Joints		2	
11/3/19: The Joints		1	
1/11/20: Chronic Pain		1	
1/16/20: Asana Practice-Surya Namaskaras		2	
<b>Anatomy and Physiology</b>	<b>20</b>	<b>20</b>	<b>0</b>
9/28/19: Systems of the body & disease		2	
9/29/19: Systems of the body		3	
10/11/19: Connective Tissue + Lower Back		2	



**Aum hOMe Shala YTT Hours**  
**3/22/20**

**Jessica Torna**

10/12/19: Spine	4
10/13/19: Spine	2
11/1/19: Joints	2
11/2/19: Joints	2
11/3/19: Joints	3

**Yoga Philosophy/Lifestyle and Ethics**

**40**

**40**

**0**

9/28/19: Healing Choices-Cancer	1
9/29/19: Healing Choices-Cancer	1
10/4/19: Orientation	1
10/10/19: Sutras	1
10/18/19: Sutras/To Know Yourself	1
10/25/19: Sutras/To Know Yourself	1
1/11/20: Chronic Pain	2
1/12/19: Chronic Pain	2
1/14/20: Ethics of Yoga study for Neuro	1
1/16/20: Business of Yoga	1
1/18/20: Elements of a Protocol	1
1/19/20: Koshas	4
1/26/20: Yoga for the Feet	1
2/7/20: Sutras	2

**Practicum/Astanga/Children's Yoga**

**15**

**15**

**0**

10/13/19: Spinal Group Class	1
11/2/19: Joints	3
11/3/19: Joints	3
1/12/19: Chronic Pain	2
2/22/20: PD	2
3/7/20: PD	2
3/22/20: Hatha Teach	2

Certification Completed: March 22, 2020

IAYT Accredited  
Yoga Therapy Training Program


THIS IS TO CERTIFY THAT

JESSICA TORNA

HAS SUCCESSFULLY COMPLETED A 26-HOUR YOGA FOR SPINAL HEALTH ADVANCED PROFESSIONAL DEVELOPMENT  
CERTIFICATION COURSE ON

*Yoga Therapy for Spinal Health Care*

IN TESTIMONY THEREOF, THE DIRECTOR OF THE SCHOOL SETS HER SIGNATURE.  
GIVEN AT COCONUT GROVE, IN THE STATE OF FLORIDA, ON THE 8<sup>th</sup> OF NOVEMBER 2019.

  
MELINDA D. ATKINS, M.ED, E-RYT 500, C-IAYT  
School and Program Director  
AUM home SHALA

  
GRISELL GONZALEZ, E-RYT 500, C-IAYT

  
AUM home Shala  
Yoga Therapy  
501 (c)(3) Non Profit



IAYT Approved  
Professional Development  
for Continuing Education





**AUM home Shala**  
501 (c)(3) Non Profit



IS TO CERTIFY THAT

*Jessica Torna*

HAS SUCCESSFULLY COMPLETED A 17-HOUR YOGA TEACHER TRAINING PROGRAM AT AUM HOME SHALA  
TITLED

## **Therapeutic Benefits of Yoga for Feet and Gait**

IN TESTIMONY THEREOF, THE DIRECTOR OF SCHOOL SETS HER SIGNATURE.  
GIVEN AT COCONUT GROVE, IN THE STATE OF FLORIDA, ON THE 26th OF JANUARY 2020.

MELINDA D. ATKINS, M.E.D., E-RYT500, C-IAYT  
School & Program Director  
Registered Yoga Alliance School  
#19366

Osvaldo "Ozzie" Perez, DPT, RYT  
Assistant Director  
Musculoskeletal system



Jessica Torna

Registry ID: 318433

Registered Since: Mar 24, 2020

Valid Until: Mar 24, 2022

