

WARRIORS CERTIFICATION TEACHER TRAINING PROGRAM

THIS CERTIFIES THAT

Andre Hamm

Has successfully met all the requirements of the Warriors Certification Teacher Training Program with an athletic specialization. He has attended the requisite workshops passed the examinations, completed the required readings, and documented the necessary hours and assessments and interventions. As a BREATHE certified instructor with an athletic specialization, he will be qualified to provide students with breathing exercises in a scientific, practical way, with the added specialization of working with athletes. The exercises improve posture, oxygen intake, and blood pressure, as well as endurance, strength, precision, and recovery. He is also accredited to teach “active meditation,” a mindfulness practice that has physical and psychological benefits.

Dr. Belisa Vranich

June 01, 2023

Dr. Belisa Vranich, Program Founder