











Certified Flexibility Coach™

This is to certify that

Zandra Puig

Has successfully completed the 30-Hour Flexibility Coach Training with the YOGABODY Teachers College®. The course covered anatomy, breathing techniques, flexibility, class management, marketing and business.

FEBRUARY 2022

Lucas Rockwood

Managing Director & Founder E-RYT® 200, RYT® 500, YACEP®