

# GYROKINESIS®

## Certificate

This verifies that

*Kayla Harley*

has successfully completed the Certification requirements for  
**GYROKINESIS® Level 1**  
and is awarded this Certificate.

*International GYROTONIC® & GYROKINESIS® Headquarters,  
Pennsylvania, U.S.A.*



Juliu Horvath, Founder and  
Educational Director  
Date: November 11, 2018





## NURTURE & NOURISH

*yoga*

**Kayla Harley**

Has completed the Nurture & Nourish Perinatal Yoga Teacher Training Program.  
This intensive program immerses trainees in theory, practice, experience, dialogue and collaborative learning and includes a broad range of aspects related to teaching perinatal yoga:

- Applied Perinatal Anatomy & Physiology • Pathways to Conception • Fertility Focused Yoga • Yoga Philosophy • Trauma-Conscious Perinatal Yoga • Pelvic Health • Vocal Toning and Sound •
- Perinatal Mental Health & Matrescence • Body Image in Perinatal Yoga • Accessibility in Perinatal Yoga • LGBTQ+ Inclusion •
- Techniques for Childbirth Preparation • Understanding the NICU Experience •
- Self-Awareness & Self-Care •
- Partner Prenatal Yoga • Baby & Me Yoga • Restorative Prenatal Yoga •

Program Creator Claire Sandberg, MBBS, MA, E-RYT 200, RPYT, LCCE

19 May 2021

Date of Certification

