



Janna Yost

YogaMedCo Yoga Coach

C E R T I F I C A T E o f C O M P L E T I O N

The bearer of this certificate has completed the YogaMedCo Yoga Coach Training program, including 44 hours of yoga coach training. In addition to learning how to facilitate a mindful movement practice on the mat that includes adaptive, foundational, and functional applications of the mindful movement vitamin (Carmack, 2012), the bearer of this certificate trained in theory and practice to use the Chakras of Communication (Carmack, 2017) to facilitate client-centric coaching experiences that inspire behavior change and motivation for a yoga-inspired lifestyle. The program also included training in Tele yoga delivery of the YogaMedCo Yoga Coaching experience. This YogaMedCo Yoga Coach Training is an approved continuing education provider (YACEP) program for the Yoga Alliance for current RYT's (Registered Yoga Teachers).

March 15, 2021

DATE

Suzie Carmack

Dr. Suzanne Carmack

PhD, MFA, MEd, ERYT, PMA-CPT, ACE-CPT, NBC-HWC
Owner and Founder