



FORREST
YOGA

CERTIFICATE OF COMPLETION

FORREST YOGA HONOURS

Sarah Cox

For Successfully Completing The Requirements To Become A

LEVEL 4 FORREST YOGA TEACHER

WHICH INCLUDES:

Forrest Yoga Foundation Teacher Training • Homework Completion
Forrest Yoga Advanced Teacher Training • Forrest Yoga Mentorship Program
Effective Coaching and Teaching Continuing Education

DECEMBER 2017 - SEPTEMBER 2020

Ana T. Forrest

CREATRIX OF
FORREST YOGA

Jose Calarco

CO-DIRECTOR
OF FORREST YOGA

CERTIFICATE

BREATH INTEGRITY STRENGTH SPIRIT

OFFICIAL CERTIFICATE OF FORREST YOGA® 2019