



Certificate of Completion

This is to certify that

Majda Fahim

has completed:

Level 1 Yoga for Fertility Teacher Training

Total Course Hours: 25 Hours (non-contact hours through online study)

(Yoga Alliance YACEP Educational Categories: TTP 16 hours, TM 5 hours, AP 3 hours, YPLE 1 hour)

Course Content:

- Benefits, contraindications, guidelines and applications of yoga postures, pranayama and meditations for fertility
- Yoga for healthy menstruation including meditations and pranayama
- Sequencing: yoga for fertility and menstruation
- General health, diet and lifestyle tips to optimise fertility
- Yoga for miscarriage

Signed

A handwritten signature in black ink, appearing to be "Ana Davis", written over a dotted line.

Ana Davis, Director & Founder of Bliss Baby Yoga

Date

1 February, 2020

