



Yoga4Health Certificate of Achievement

This certifies that

*Has completed the Yoga4Health 10-week social prescribing course and is a
Yoga4Health Breath Ambassador invited to share ocean breathing and
Coherent Breathing with friends and family*

Heather Mason

A handwritten signature in blue ink, appearing to read "Heather Mason".

Director of YIHA

Paul Fox

A handwritten signature in blue ink, appearing to read "Paul Fox".

Chief Operations Officer