

yoga pod  
TEACHER TRAINING  
200 HOUR

Makeda Meeks

Has successfully completed a 200 hour yoga Teacher Training including studies in Anatomy and Physiology, History, Philosophy, Practical Teaching Skills, Sequencing Methodology, the Subtle Energy Body, Ethics, Teaching Practicum, and other electives, as set forth by the standards of the Yoga Alliance.



*Daisy Th*  
JAN 12, 2023  
*Rachel Jacobs*

ERYT Signature

Date of Completion

Yoga Pod Owner