



## 85HR PRE AND POST NATAL YOGA TTC PROGRAM THIS IS TO CERTIFY

## ZIA SHAIKH

This certificate acknowledges the successful completion of 85 hour Pre and Post Natal Online Yoga Teacher Training. The Training meets all the standards set by Yoga Alliance USA.

Date : January 2024

Gangesha Chaitanya Secretary of Rishikul Foundation

Run under Rishikul foundation Regd NO 1710/24-08-2016 Parky Shankar

Raghu Shankar YogaKulam Academy Director