



SCIENCE OF STRETCHING™ CERTIFIED COACH

Sean Elder

Has successfully completed the 30hr Science of Stretching course conducted by YOGABODY Teachers College.

The course included the biomechanics of mobility, practice principles, sequencing, injuries, and business.

A handwritten signature in black ink, appearing to read 'LR', positioned above a horizontal line.

Lucas Rockwood, Training Director

E-RYT® 200, RYT® 500, YACEP®

