

HEARTWOOD YOGA INSTITUTE & Retreat Center

RYS-200

Yoga Teacher Training Certification

Presented to:
Gina Carli Zicchino
In Recognition for

Fulfilling the requirements and practicum elements for Yoga Alliance RYT-200 certification, developing skills in communication and teaching techniques for hatha yoga, and expanding yoga awareness and understanding in areas of anatomy, philosophy, technique and methodology in mind/body studies.

Ginny East Shaddock ERYT-500, C-IAYT
Date: 6/25/2020
Denver Clark, ERYT-500, LMT #89197

HEARTWOOD YOGA INSTITUTE & Retreat Center

RYS-300

RYS-300 Certification

Presented to:
Gina Carli Zicchino
In Recognition for

Fulfilling the requirements and practicum elements for RYT-300 Yoga Alliance certification, which combined with the RYT-200, qualify for RYT-500 status by developing advanced skills in teaching techniques for hatha yoga while expanding yoga awareness in areas of philosophy, technique and methodology, and specialty areas of yoga study with a focus on yoga therapy.

Denver Clark, ERYT-500, LMT #89197
Date: 07/25/2020

HEARTWOOD YOGA INSTITUTE & Retreat Center

17507 Waterline Rd, Bradenton FL 34212

Senior Yoga Certification

Presented to:
Gina Carli Zicchino
In Recognition for

Fulfilling the requirements and practicum elements for Senior Yoga certification, with 20 hours of study exploring anatomy, physiology, safety concerns, postures, social and energetic considerations, and methodology specific to sharing yoga with mature practitioners.

Ginny Shaddock ERYT-500, C-IAYT
Date: 7/12/2020

REIKI LEVEL 1

AWARDED TO
Gina Carli Zicchino

Having received the necessary attainments and knowledge of the first level of Usui Reiki Ryoho system of healing and having demonstrated comprehension of its principles and practices.

Awarded this 1 day of June, 2020

David Shaddock, Reiki Master Teacher
Ginny East Shaddock, Reiki Master Teacher

Florida Reiki ASSOCIATION

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17507 Waterline Rd, Bradenton FL 34212

Chair Yoga Certification

Presented to:
Gina Carli Zicchino
In Recognition for

Fulfilling the requirements and practicum elements for chair yoga certification, with 18 hours of study exploring skills in pranayama, anatomy, and teaching techniques for assisted poses and yoga therapy using chair yoga technique and methodology.

Denver Clark ERYT-500, LMT #89197
Date: 7/14/2020

HEARTWOOD YOGA INSTITUTE & Retreat Center

YIN YOGA CERTIFICATION

Presented to:
Gina Carli Zicchino
In Recognition for

Fulfilling the requirements and practicum elements for Yin Yoga certification, with 18 hours of study in postures, anatomy, Yin Theory, Meridian Theory, 5 element Theory, sequencing, physiology and methodology pertaining to the Yin Yoga practice.

Denver Clark ERYT-500, YACEP, LMT #89197
Rachel Belle ERYT-500
Date: 7/17/2020

HEARTWOOD YOGA INSTITUTE & Retreat Center

Aerial Yoga Certification

Presented to:
Gina Carli Zicchino
In Recognition for

Fulfilling the requirements and practicum elements for Aerial yoga certification on the Om gym system & silks, with 16 hours of study exploring skills in communication, teaching techniques for assisted poses, physiology of inversion and expanding yoga awareness through aerial yoga technique and methodology.

June 6, 2020
Date: June 6, 2020
Denver Clark ERYT-500/LMT #89197/Aerial Trainer, YACEP
Rachel Belle, ERYT-500/Aerial Trainer, YACEP

HEARTWOOD YOGA INSTITUTE & Retreat Center

Restorative Yoga Certification

Presented to:
Gina Carli Zicchino
In Recognition for

Fulfilling the requirements and practicum elements for Restorative Yoga certification, with 16 Practicum hours of study in postures, pranayama, anatomy, hands on assists, essential oils-101, yoga nidra 101, physiology and methodology pertaining to the Restorative Yoga practice.

Rachel Belle ERYT-500
Denver Clark ERYT-500, YACEP, LMT
Date: 7/19/2020