



ASHWINI YOGAVEDA ACADEMY

Presents This Certificate to:



Makayla Wheaton



PRENATAL YOGA TEACHER

has successfully completed the
85-Hour Prenatal Yoga Teacher Training

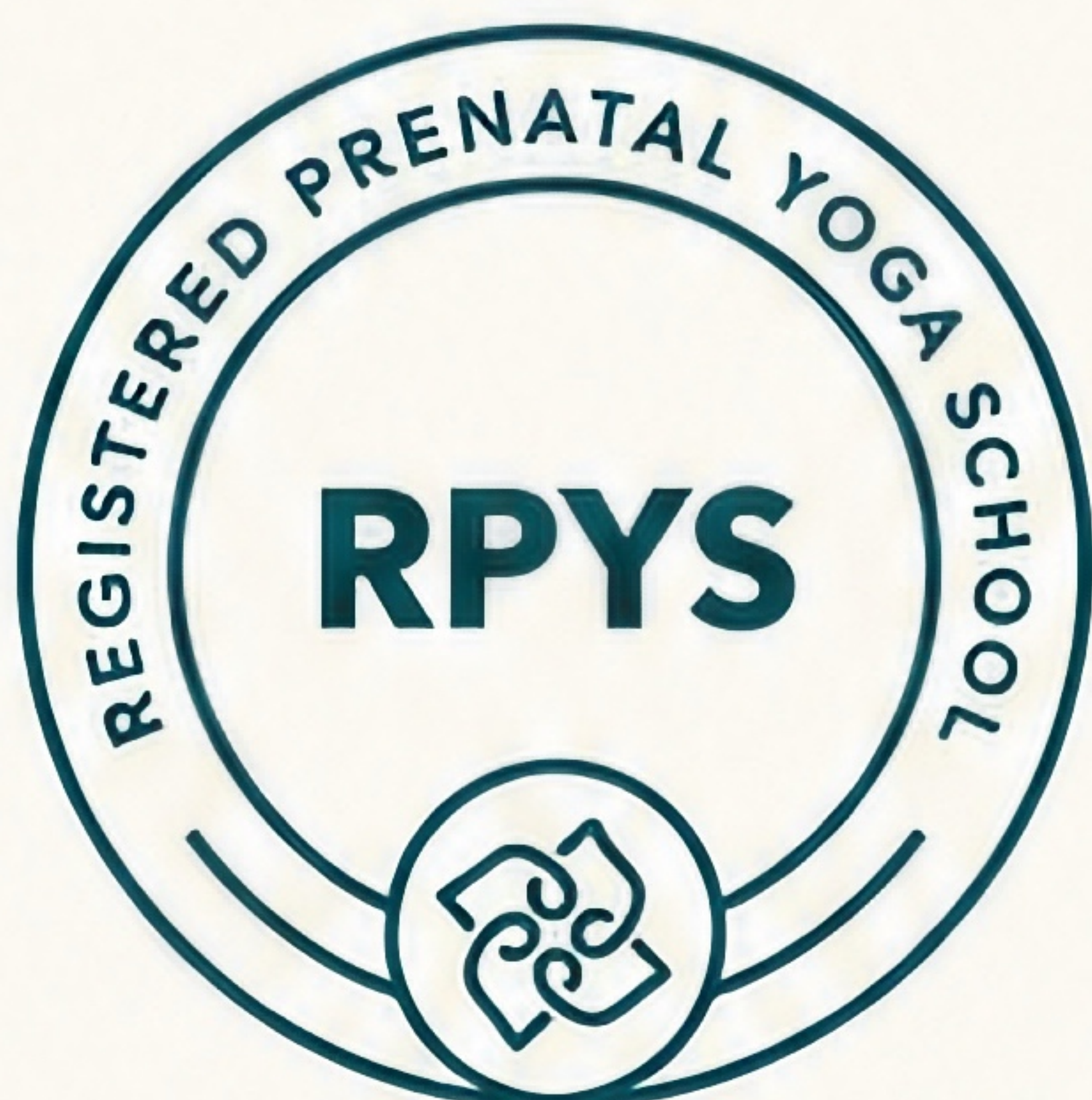
July 1, 2026 – September 9, 2026

ANATOMY & FOUNDATIONS

- Anatomy and Physiology
- Yoga Philosophy
- Lifestyle and Ethics
- Teaching Methodology
- Psychological Considerations
- Alignment

PRENATAL APPLICATION

- Yoga Poses for Each Trimester
- Safety
- Relaxation and Stress Management
- Organ Function
- Overview of Complications
- Practicum



ASHWINI PATHAK

Program Director