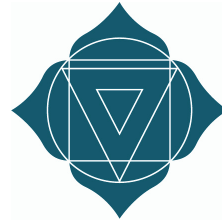




LAURA GILMORE
YOGA



BRISTOL SCHOOL OF
YOGA
TEACHER TRAINING



CERTIFICATE

This certificate is proudly presented to

Frankie Stone

For completing as part of the 300hr Advanced Yoga Teacher Training: Yoga for Anxiety and Trauma informed Yoga, Restorative and Somatics, Adjusting and Adapting Asana, Vagus Nerve Breath and Bandhas, Fascia in Focus, Creative Sequencing, Movement Science and Authentic Yoga Marketing

16th January 2026

DATE

Laura Gilmore

SIGNATURE



CERTIFICATE OF COMPLETION

This certificate is awarded to

Frankie

For successfully completing the online course:

Adapting & Adjusting Asana

Issued on January 21, 2026

20 hours

CPD HOURS

Laura Gilmore

SIGNATURE



CERTIFICATE OF COMPLETION

This certificate is awarded to

Frankie

For successfully completing the online course:

Healing with Breath & the Bandhas

Issued on November 14, 2025

20 hours

CPD HOURS

Laura Gilmore

SIGNATURE



CERTIFICATE OF COMPLETION

This certificate is awarded to

Frankie

For successfully completing the online course:

Understand Fascia & Hypermobility

Issued on January 01, 2026

30 hours

CPD HOURS

Laura Gilmore

SIGNATURE