

The Hard & The Soft Yoga Institute



The Hard & The Soft 200-Hour Yoga Teacher Training
Classical 8 limbed Path of Astanga Yoga/Advanced Yoga Studies


September 2018 - May 2019

Heartsong Yoga, East Longmeadow, MA

This certifies that

Jessica Pace

has completed 200 hours of intensive study in the
philosophy, psychology, and methodology of classical astanga yoga.


Beryl Bender Birch, Executive Director

Date: May 5, 2019