



June 20, 2024

Yin Yoga Meditation

Digital Training Complete!

This document certifies that **Katerina Fragkou** has completed the training "Yin Yoga Meditation - Digital Training"

Course summary: A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

provided by EQX Group Fitness

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