



BODY READY METHOD® CERTIFIED BRM® PRO

This is to confirm that

Aishwarya Padmanabhan

has successfully completed all certification requirements of Cohort 3 of the
Body Ready Method® Training as of

March 2024

And is a fully certified BRM® pro

This training is eligible for the following CEU's:

ICEA 13.5 hours (#CTNC10_1923) | DONA 14 hours (#936-909W) | ACNM 35 hours (#2023-020EA)

Lauren Ohayon, Co - Founder

Lindsay McCoy, Co - Founder



BODY READY METHOD®
Authorized Body Ready Birth
Workshop Teacher

This is to confirm that

Aishwarya Padmanabhan

has successfully completed all requirements of the
Body Ready Method®'s Body Ready Birth Teacher Training
as of

January, 2025

and is authorized to teach live Body Ready Birth workshops to their community

Lauren Ohayon, Co - Founder

Lindsay McCoy, Co - Founder