



THIS CERTIFIES THAT

Tessa Arnold

HAS SATISFIED ALL THE REQUIREMENTS, SUCCESSFULLY
PASSED ALL EXAMINATIONS AND HAS BEEN CERTIFIED AS A

Chopra Health™ Instructor

ON THIS DATE

September 14, 2023

A handwritten signature in black ink, appearing to read "Deepak Chopra".

Deepak Chopra, M.D.
CHOPRA CO-FOUNDER

A handwritten signature in black ink, appearing to read "Sheila Patel".

Sheila Patel, M.D.
CHOPRA CHIEF MEDICAL OFFICER

