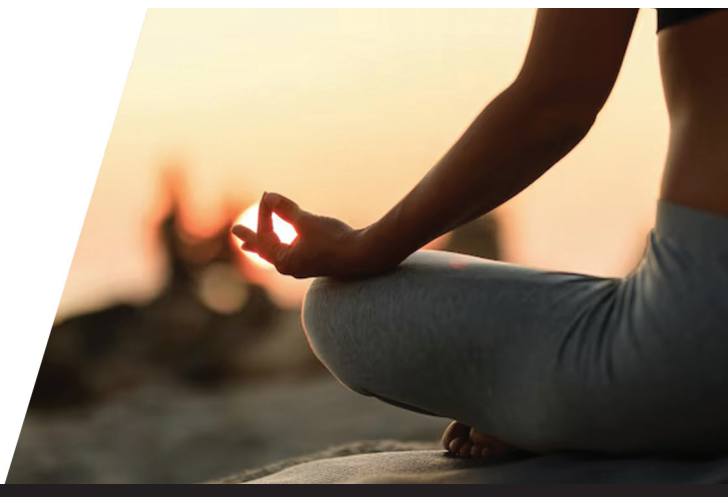




# MEDITATION EXPRESS CERTIFICATION



## THANK YOU FOR ATTENDING THE SCW MEDITATION EXPRESS CERTIFICATION.

To complete the SCW Certification process, you will need to pass the online exam. Please follow the directions below:

**1** For your SCW Certification **Manual**, **PowerPoint**, and to take your **Exam**, visit the following link:

**[www.scwfit.com/meditationexam/](http://www.scwfit.com/meditationexam/)**

You will be assessed a \$35 administrative fee if you lose the link to the manual or exam. Links can not to be distributed to others under strict penalty of law.

**2** After visiting the link above, you will be asked to create and retain a log-in and password for the exam. This will be used to access your exam, results and certificate.

**3** Keep your log-in and password in a safe place and do not lose it.

**4** Begin your exam. There is no time limit for the exam - you can even start and stop your exam with the ability to resume later. The exam is available for two weeks after the date of your Live Training.

**5** You must obtain a score of 70% or greater to pass. You have two attempts to pass the exam.

**6** Once you pass your exam, you can download and print your customized certificate by clicking on the "**Download Certificate**" link, which includes Continuing Education Credit (CEC) information.

**7** Once your exam has been completed, evaluate the certification at: **[www.scwfit.com/certeval](http://www.scwfit.com/certeval)**

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**SCW CERTIFICATION RENEWAL:** Each SCW Certification is valid for two years. 20 CECs are required with a minimum of 2 CECs from SCW Fitness. Visit **[www.scwfit.com/scwproviders](http://www.scwfit.com/scwproviders)** for a list of approved CEC Providers. Renew your certification online at **[www.scwfit.com/certification-renewal](http://www.scwfit.com/certification-renewal)** for \$55. Late renewals are \$75.

**GET SCW CECS:** SCW MANIA® Fitness Conferences offer up to 20 CECs with over 250 sessions with up to 70 Presenters including 20+ Certifications in DC, CA, FL, GA, TX, IL & MA. Visit **[www.scwfit.com/mania](http://www.scwfit.com/mania)** for more information.

Online or Streaming Certifications offer up to 7 CECs and are available at **[www.scwfit.com/certifications](http://www.scwfit.com/certifications)**. Please note that once you pass your Online Exam, you can enroll for a FREE Live Certification at **[www.scwfit.com/freelivecert](http://www.scwfit.com/freelivecert)**. Virtual events and SCW Video CEC Programs also offer valuable CECs at **[www.scwfit.com/virtual](http://www.scwfit.com/virtual)** and **[www.scwfit.com/cecs](http://www.scwfit.com/cecs)**.

Thank you for choosing SCW Fitness Education!

SCW Certification Team  
certs@scwfit.com  
Text or Call 847-562-4020



# LIFE COACHING CERTIFICATION



## THANK YOU FOR ATTENDING THE SCW LIFE COACHING CERTIFICATION.

To complete the SCW Certification process, you will need to pass the online exam. Please follow the directions below:

**1** For your SCW Certification **Manual**, **PowerPoint**, and to take your **Exam**, visit the following link:

**[www.scwfit.com/lifecoachexam](http://www.scwfit.com/lifecoachexam)**

You will be assessed a \$35 administrative fee if you lose the link to the manual or exam. Links can not to be distributed to others under strict penalty of law.

**2** After visiting the link above, you will be asked to create and retain a log-in and password for the exam. This will be used to access your exam, results and certificate.

**3** Keep your log-in and password in a safe place and do not lose it.

**4** Begin your exam. There is no time limit for the exam - you can even start and stop your exam with the ability to resume later. The exam is available for two weeks after the date of your Live Training.

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**6** Once you pass your exam, you can download and print your customized certificate by clicking on the "**Download Certificate**" link, which includes Continuing Education Credit (CEC) information.

**7** Once your exam has been completed, evaluate the certification at: [www.scwfit.com/certeval](http://www.scwfit.com/certeval)

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Online or Streaming Certifications offer up to 7 CECs and are available at [www.scwfit.com/certifications](http://www.scwfit.com/certifications). Please note that once you pass your Online Exam, you can enroll for a FREE Live Certification at [www.scwfit.com/freelivecert](http://www.scwfit.com/freelivecert). Virtual events and SCW Video CEC Programs also offer valuable CECs at [www.scwfit.com/virtual](http://www.scwfit.com/virtual) and [www.scwfit.com/cecs](http://www.scwfit.com/cecs).

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# CHAIR YOGA CERTIFICATION



## THANK YOU FOR ATTENDING THE SCW CHAIR YOGA CERTIFICATION.

To complete the SCW Certification process, you will need to pass the online exam. Please follow the directions below:

- 1 For your SCW Certification **Manual**, **PowerPoint**, and to take your **Exam**, visit the following link:

**[www.scwfit.com/chairyogaexam](http://www.scwfit.com/chairyogaexam)**

You will be assessed a \$35 administrative fee if you lose the link to the manual or exam. Links can not to be distributed to others under strict penalty of law.

- 2 After visiting the link above, you will be asked to create and retain a log-in and password for the exam. This will be used to access your exam, results and certificate.
- 3 Keep your log-in and password in a safe place and do not lose it.
- 4 Begin your exam. There is no time limit for the exam - you can even start and stop your exam with the ability to resume later. The exam is available for two weeks after the date of your Live Training.
- 5 You must obtain a score of 70% or greater to pass. You have two attempts to pass the exam.
- 6 Once you pass your exam, you can download and print your customized certificate by clicking on the "**Download Certificate**" link, which includes Continuing Education Credit (CEC) information.
- 7 Once your exam has been completed, evaluate the certification at: [www.scwfit.com/certeval](http://www.scwfit.com/certeval)

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