

Certificate of Completion

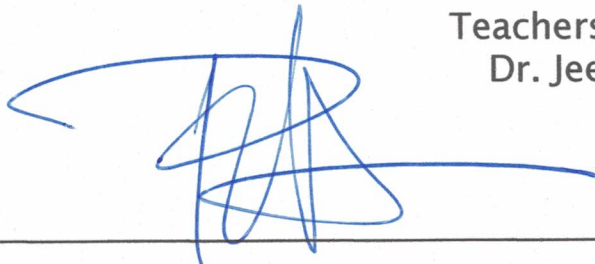
Sabine Wlodek

has successfully completed the
200 hours Hatha Yoga Teacher Training - Alignment and Movement
set and conducted to the standards and requirements of American Yoga Alliance (AYA)

From April 30, 2015 through November 29, 2015
at YOGA freiraum in Manching/Germany

Course content includes: Practice and Theory in Asana, Alignment, Pranayama,
Mantra and Meditation. Teaching Methodology, Anatomy and Physiology.
Yoga Philosophy, Ethics, Karma Yoga. Vinyasa Krama, Surya Namaskar, Sequencing,
Didaktik, Hands on, Adjustment and Props Usage. Ayurveda and Yoga business.

Teachers: Richard Hackenberg, Dr. Ralph Skuban,
Dr. Jeevan Ellil Parambath, Meret Hackenberg



Richard Hackenberg, Director of Teacher Training

Manching, April 1, 2016

