

Certificate of Completion

maHapRana®
I N S T I T U T

this document is to certify that

Sabine Wlodek

born September 29, 1967

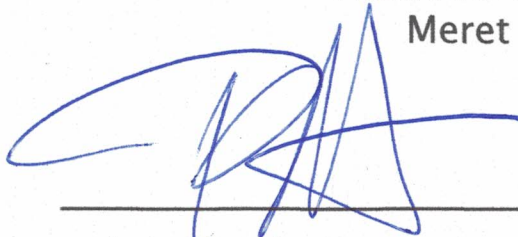
YO
freiraum
GA

has successfully completed the
+300 hours Hatha Yoga - Advanced Teacher Training
set and conducted to the standards and requirements of American Yoga Alliance (AYA)

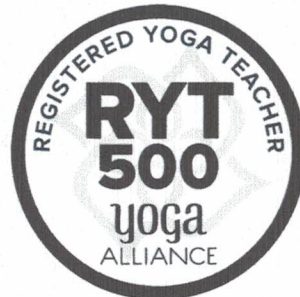
From September 24, 2015 through Mai 21, 2017
at YOGA freiraum in Manching/Germany

Course content includes: Advanced Practice and Theory in Asana, Alignment, Pranayama, Mudra, Mantra and Meditation. Teaching Methodology, Advanced Anatomy and Physiology. Yoga Philosophy, Vinyasa Krama, Sequencing, Athletic Yoga, Didaktik, Hands on, Adjustment and Props Usage. Intensive Ayurveda, Yin Yoga, Yoga Nidra and Prenatal Yoga, Personal Business.

Teachers: **Richard Hackenberg**, Dr. Ralph Skuban, Dr. Jeevan Ellil Parambath, Meret Hackenberg, Hans Figueroa, Marion Hofer, Sabrina Steinberger



Richard Hackenberg
Director of Teacher Training



Manching, Mai 21, 2017