

Yoga Teacher Certification

this document is to certify that

Sabine Wlodek

born September 29, 1967

has successfully completed the

500h Hatha Yoga

set and conducted to the standards and requirements
of American Yoga Alliance (AYA)

From April 04, 2014 - May 21, 2017

YO
freiraum
GA



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

Two handwritten signatures in blue ink are shown above a horizontal line. The first signature appears to be "Hofer" and the second appears to be "Steinberger".

YOGA freiraum Akademie
Marion Hofer & Sabrina Steinberger
(Member Bund Deutscher Yogalehrer & American Yoga Alliance)

Manching, May 21, 2017