

Certificate No. 1020 (A)

Oldest organised Yoga Centre in the world, recognised as a Research and Training Institute
by the Government of Maharashtra, India.

This is to Certify that

Ratish R. Rao

has successfully completed in the academic year 2014

Comprehensive Yoga Teachers Training Course

Comprising of:

Theory : *The history and philosophy of yoga, mysticism,
and holistic approach of Yoga to life.*

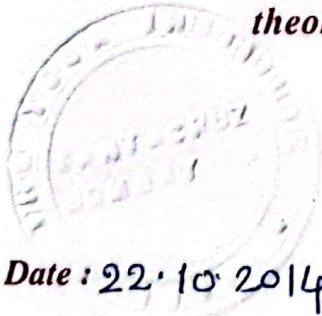
Practical : *Āsanas, Prānāyāmas, Kriyās, Mudras, Bhāvas
and Meditation.*

Application : *Teaching methodology, public speaking and
participation in Health-Camps, Educational Workshops and
short courses on Yoga regularly conducted at the Institute.*

This training was undertaken for 900 hours in 210 days.

*It will enable him/her to widen his/her spiritual knowledge and
impart knowledge of Yoga to others.*

*The holder of this Certificate has become proficient in teaching the
theoretical, practical and educational aspects of Yoga.*



Ratish R. Rao

Director

Anandji H. Desai

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Date : 22.10.2014

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