

## CERTIFICATE

### ISHA HATHA YOGA TEACHER TRAINING PROGRAM

July 9 - December 3, 2017

This certifies that **Praveen Kumar P** has completed the Isha Hatha Yoga Teacher Training Program conducted from July 9<sup>th</sup> to December 3<sup>rd</sup>, 2017 at the Isha Yoga Center, Coimbatore, India for a total of 1750 classroom hours and is competent to teach:

<p><b>Science of Yoga:</b></p> <ul style="list-style-type: none"><li>• Upa-Yoga</li><li>• Angamardana</li><li>• Surya Shakti</li><li>• Surya Kriya</li><li>• Yogasanas</li><li>• Bhuta Shuddhi</li></ul> <p><b>Certain practices of:</b></p> <ul style="list-style-type: none"><li>• Kriya Yoga</li><li>• Pranayam</li></ul>	<ul style="list-style-type: none"><li>• Mudras</li><li>• Bandhas</li><li>• Bhakti Sadhana</li><li>• Guided Meditations</li></ul> <p><b>The training also includes exposure to:</b></p> <ul style="list-style-type: none"><li>• Anatomy and Physiology</li><li>• Yogic Physiology</li><li>• Science of Siddha Medicine</li><li>• Yogic Principles and Lifestyle</li><li>• Yogic Diet</li></ul>
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Ashvina  
Hatha Yoga School

3<sup>rd</sup> December 2017

Date

Sadhguru is a yogi, mystic, visionary and the founder of Isha Foundation, a non-profit human-service organization, supported by over seven million volunteers in over 250 centers worldwide. Sadhguru presents yoga – the core of India’s spiritual strength and its gift to the world – as an inner science. Devised by Sadhguru, Isha Yoga Programs have made a dimensional shift in how people address their wellbeing.

Isha Hatha Yoga School delivers classical Hatha Yoga in its full depth and dimension. It is Sadhguru's vision to offer this ancient science in all its purity and make it available to every individual. As a step towards realizing this vision, he has devised the Hatha Yoga Teacher Training Program. In this program, Hatha Yoga is taught as a living experience in the most beautiful ashram setting of the Isha Yoga Center, India under the grace of a living master. Upon completion of the program, trainees have the privilege and fulfillment of bringing this knowledge to many more people.



Isha Yoga Center

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