



To: Catherine Gignac

From: Amazing Yoga

Date: March 16, 2012

Re: Successful Completion of Amazing Yoga Teacher Training

This is to certify successful completion of the Amazing Yoga 200 Hour Teacher Training Program. The 200 hours were successfully completed in March of 2012 at Amansala Resort in Tulum, Mexico. The program meets the 200 hour training requirements for Yoga Alliance. The training includes asana practice, meditation, teaching methodology, and philosophy and ethics. The following is a more specific breakdown of completed hours:

Techniques Training/Practice – 100 hrs, 75 contact (50 w/Primary E-RYT)

Teaching Methodology – 25 hrs, 15 contact (10 w/Primary E-RYT)

Anatomy & Physiology – 20 hrs, 10 contact

Philosophy, Lifestyle, Ethics – 30 hrs, 20 contact

Practicum – 10 hrs, 5 contact (w/Primary E-RYT)

Total contact hrs = 180

Total hrs = 200

Sean Conley, Amazing Yoga Teacher Training Facilitator

Karen Conley, Amazing Yoga Teacher Training Facilitator

Amazing Yoga

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