



MYSORE MANDALA YOGASHALA



581, Dewans Road, Laxmipuram, Mysore - 4.
<http://mandala.ashtanga.org>

ASHTANGA VINYASA YOGA
Certificate of Teacher Training

No : 112

Date : 18/08/2005

This is to certify that Mrs./Mr. Berrin Berker (Bhargavi) has undergone 6 weeks teachers training course from July to August 2005. They have completed the course satisfactorily. During the course they are trained in following courses.

- 1) Ashtanga Vinyasa Yogasana
- 2) Pranayama & Mudra
- 3) Yoga Therapy
- 4) Patanjali Yoga Sutras
- 5) Ayurvedic Therapeutic Massage.

V. Sheshadri
V. Sheshadri
Yoga Acharya



Dr. V. Nagaraj
BSc., BAMS, BSAM
Lecturer

Paramesh
Massage
Therapist

N. Harish Bheemaiah
Mandala
Director