



**Sarvaguna Yoga-Meditation
training and research academy
Certificate of Completion**

This is to certify that Mr/ Mrs/ Ms. **LENKA HRUŠČÁKOVÁ**.....
has successfully completed the 100 Hours Teacher Training Course in all aspects Meditation and allied subjects.

Curriculum

Techniques Training & Practice: Preparatory Asanas, Pranayama, Kriyas, Mantra Chanting, Meditation- theory and practice, Philosophy of Meditation, Yogic life style and other Traditional and Modern Meditation Techniques. Guided Meditation Practices. Energy Anatomy and Physiology - Chakras System and Chakra Meditation practices. Introduction to Mudra and their applications. Discussions and Q & A sessions on the practice of Meditation.

Practicum: Teaching Practice of different kinds of Meditations, Designing Meditation classes for different age groups and different settings.

Place: **DHARAMSALA,
INDIA**
Date: **29/07/2023**



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