



This is to certify that

*Eugénie Ouerghi*

Has successfully completed the

## **inHarmony Yoga for Health Teacher Training**

A total of 200 hours, including:

Applied Anatomy and Physiology, Teaching Methodology, Asana, Pranayama, Meditation, Visualisation, and Philosophy of Hatha, Kriya and Tantra Yoga as well as the Principles of Ayurveda, Ayurvedic Yoga and Yoga Therapy.

Issued on 20/11/2018

Antonina Ramsey E-RYT 500

Senior Teacher & Program Director

The yoga therapy component of our course is based on the training in Ayurvedic studies and designed by Ayurveda doctors and practitioners, not derived from our status as an RYS® with Yoga Alliance Registry.