



MYHEALTHYOGA

CERTIFICATE OF ACHIEVEMENT

presented to

Patrizia Daffinà

FOR 100 HOURS
COMPLETED YOGA STUDIES INCLUDING:

CORE ASANAS FOR YIN YOGA
PRANAYAMA & MANTRAS
THEORY OF MERIDIANS
SOUNDS OF HEALING
ANATOMY & PHYSIOLOGY FOR YIN
PHILOSOPHY & CHAKRAS
TEACHING & SEQUENCING A YIN CLASS
HEALING PRACTICES FOR YIN
PLANNING A YIN CLASS

YOGA . MIND . BODY . SPIRIT

GIVEN ON THE MONTH OF

14 Novembre 2019

J. A. Fields

| Principal Yoga Teacher Trainer |

myhealthyoga.com



PROVIDER OF INTERNATIONALLY ACCREDITED ONLINE TEACHER TRAINING PROGRAMS