



# 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

*E. A. Fields*

| Principal Yoga Teacher Trainer |

[myhealthyoga.com](http://myhealthyoga.com)

