



CATERINA FIGLIOLI

has successfully completed
300-hour Hatha and Ashtanga Vinyasa Yoga Teacher Training Course
which includes: Advance Asana, Meditation and Pranayama Techniques, Philosophy, Lifestyle
and Ethics for Yoga Teachers, Anatomy & Physiology, Yin Yoga, Ayurveda and Teaching
Methodology and is therefore awarded this

CERTIFICATE OF GRADUATION

Issued in Pune, India on 15-12-2024

Certificate No. **2024-15566**



Kamil Pawlowicz
Director of School

Prashant Pandey
Lead Teacher

300 H YOGA TEACHER TRAINING CURRICULUM

1. YOGA PHILOSOPHY, LIFESTYLE & ETHICS FOR YOGA TEACHERS

- A. SAMKHYA PHILOSOPHY
- B. YOGA CHUDAMANI UPANISHAD
- C. BHAGAVAD GITA
- D. TRADITIONAL APPROACH TO SURYANAMASKARA
- E. COMPONENTS OF YOGIC PRACTICES

2. TECHNIQUES, TRAINING & PRACTICE

- A. PAWANMUKTASANA
- B. HATHA YOGA ADVANCE ASANAS
- C. ALIGNMENT & ADJUSTMENTS
- D. ASHTANGA VINYASA FLOW PRIMARY & SECONDARY SERIES
- E. ASHTANGA VINYASA SURYANAMASKARA
- F. ADVANCE PRANAYAMAS, MUDRAS & BANDHAS
- G. YOGA NIDRA
- H. YIN YOGA
- I. ADVANCE MEDITATION
- J. CHAKRA SHUDDHI

3. ANATOMY, PHYSIOLOGY & AYURVEDA

- A. FASCIAS
- B. NERVOUS SYSTEM & POLYVAGAL THEORY
- C. YOGIC HEALTH MANAGEMENT
- D. BREATHING ANATOMY
- E. INTRODUCTION TO AYURVEDA

4. TEACHING METHODOLOGY

- A. BASICS OF EFFICIENT TEACHING
- B. TEACHING PRACTICE

