

# Inspya Yoga International Teacher Training Certificate

Awarded To

*Verena Rolirad*

On Completion Of

**Level I 200 Hour Yoga Alliance Teacher Training  
Hamburg August 2013**

## MODULES

Philosophy  
Prop Usage  
Mantra/Chanting  
Structural Alignment  
Anatomy and Physiology  
Teaching Skills and Ethics  
Pranayama and Meditation  
Adjusting Skills and Techniques  
Injury Prevention and Management  
Asana Variations and Modifications  
Partner, Restorative and Therapeutic Yoga  
Inspya Yoga (flowing/static/postural integration)  
Teaching, Formatting and Sequencing of Classes



Registered Yoga School  
Registration ID 16673

A large, stylized black ink signature of Lance Schuler.

Lance Schuler

Principal Teacher/Director



inspyayoga



yogaraum hamburg