



Inspya Yoga
Yogaraum Hamburg

Level II
Teacher Training Certificate

awarded to
Verena Polirad
as a

**500 hour registered *Inspya Yoga* graduate
Hamburg 2015**



MODULES COMPLETED

Philosophy - Asana, Pranayama, Meditation - Mantra/Chanting - Structural Alignment - Anatomy & Physiology - Teaching Skills & Ethics
Pranayama & Meditation - Adjusting Skills & Techniques - Injury Prevention & Management - Asana Variations Modifications
- Practical Teaching - Presentation Skills, Language, Voice Orientation -
Silent meditation/detox Retreat 4 days



Lance Schuler
Principal Teacher/Director

