

To: Marilee Bresciani
From: Baptiste Power Yoga Institute
Date: November 11, 2013
Re: Successful Completion of The Art of Assisting

Dear Marilee,

This letter is to certify successful completion of Baptiste Power Yoga Institute's Art of Assisting, held for three days November 8-10, 2013 in Rochester, New York.

This program averaged 27 hours of training and included asana practice, meditation, practice teaching, and philosophy and ethics. A more specific breakdown of training hours follows:

- Asana and Meditation Practice: 4 hours
- Hands-On Practice of Assists: 16 Hours
- Anatomy and Physiology: 5 hours
- Philosophy, ethics and lifestyle: 2 hours

Namaste,



Betty Morin
Programs Coordinator