



# BAPTISTE

POWER YOGA INSTITUTE

To: Marilee Bresciani  
5359 Aztec Drive  
#25  
La Mesa CA 91942  
From: Baptiste Power Yoga Institute  
Date: February 2011  
Re: Successful Completion of Level 1 Teacher Training

Dear Marilee,

This letter is to certify successful completion of Baptiste Power Yoga Institute's Journey into Power Level One Bootcamp with Baron Baptiste, held eight days in February 2011 in Kalani, Hawaii.

This program averaged 96 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: 30.5 hours
- Teaching Methodology: 6 hours
- Anatomy and Physiology: 12 hours
- Philosophy, ethics and lifestyle: 35.5 hours
- Practicum: 12 hours

Namaste,

Rebecca Richards  
Program Coordinator  
Baptiste Power Yoga Institute  
1816 Prospector Ave 203  
Park City, Utah 84060

# Baptiste Power Yoga Institute

*certifies that*

## Marilee Bresciani

successfully completed the  
Baptiste Level One Training  
in Kalani, Hawaii on March 6, 2011.

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March, 2011

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