



BAPTISTE

POWER VINYASA YOGA

To: Marilee Bresciani
From: Baptiste Power Yoga Institute
Date: September 17, 2012
Re: Successful Completion of Level 2 Teacher Training

Dear Marilee,

This letter is to certify successful completion of Baptiste Power Yoga Institute's *The Sannyasin's Journey: Level Two Teacher Training*, held eight days September 8 -15, 2012 at Menla Mountain Resort in Phoenicia, New York.

This program averaged 112 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: 50 hours
- Teaching Methodology: 34 hours
- Anatomy and Physiology: 14 hours
- Philosophy, Ethics and Lifestyle: 14 hours

Namaste,

Betty Morin
Program Coordinator
Baptiste Power Yoga Institute
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