




8 CALVIN CRESCENT, PARK WEST, BLOEMFONTEIN, 9301. TEL: (051) 444-2091; 083 451 4270

This is to certify that,

Fdna de Jager

- has fulfilled the educational requirements and course of study from this centre;
- has satisfactorily completed all examinations and 200 teaching hours;
- and is hereby awarded this certificate as a

YOGA TEACHER


R. Ulyatt
Dr Ruth Carol Ulyatt

17th March 2007
Date

Africa Yoga Center

Certificate of Accreditation

Awarded to

Edna de Jager

On successfully completing the Internationally Recognized

Africa Yoga Teacher Training Course

on the 12TH day of May 2007



Registered Yoga School

Course Content:
Pranayama and Meditation
Anatomy & Physiology
Benefits and Cautions
Marketing your Studio
Ashtanga Style Yoga
Sequencing Vinyasa Yoga Classes
Choreographing Music for Yoga Classes
How Emotions Effect the Body
Adapting Ashtanga Style Yoga for Special Needs
Adjustments; practical, philosophy & guidelines
The Use of Props and Variations
Teaching Ashtanga Style Primary & Intermediate Series Yoga

*(R.Y.T) Registered Yoga Trainer

Maria Taylor
Maria Taylor
Course Director