



**ROMAN TREICHLER**

Has successfully completed **200-hour Hatha and Ashtanga Vinyasa Yoga Teacher Training Course** which includes: *Asana, Meditation and Pranayama Techniques, Philosophy, Anatomy & Physiology and Teaching Methodology* and is therefore awarded this

# CERTIFICATE OF GRADUATION

Issued in Pune, India on **08-03-2026**

Certificate No. **2026-18129**



Kamil Pawlowicz  
Director of School

A handwritten signature in black ink that reads "Kamil Pawlowicz".

Prashant Pandey  
Lead Teacher

A handwritten signature in black ink that reads "P. Pandey".

# 200 H YOGA TEACHER TRAINING CURRICULUM

## 1. YOGA HUMANITIES

- A. HISTORY OF YOGA
- B. VEDIC TRADITION OF YOGA
- C. SANATAN CULTURE
- D. BRANCHES OF YOGA
- E. COMPONENTS OF YOGIC PRACTICES
- F. INTRODUCTION TO AYURVEDA

## 2. TECHNIQUES, TRAINING & PRACTICE

- A. HATHA YOGA ASANAS
- B. ASHTANGA VINYASA FLOW
- C. PRANAYAMAS
- D. MUDRAS & BANDHAS
- E. YOGA NIDRA
- F. MEDITATION

## 3. ANATOMY & PHYSIOLOGY

- A. INTRODUCTION TO ANATOMY & PHYSIOLOGY OF HUMAN BODY
- B. YOGIC HEALTH MANAGEMENT

## 4. PROFESSIONAL ESSENTIALS

- A. TEACHING METHODOLOGY
- B. TEACHING PRACTICE
- C. THE BUSINESS OF YOGA
- D. ORATORY FOR YOGA TEACHERS
- E. SOCIAL MEDIA