

Zgierz 10.01.2022r.

CERTIFICATE

dla

Jazbeli Nyk - Zawadniewicz

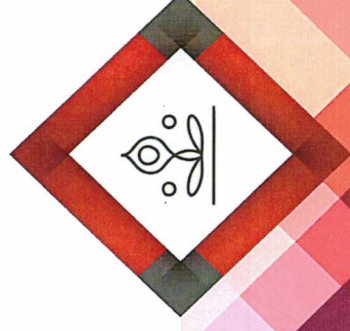
potwierdzający ukończenie z sukcesem kursu instruktorskiego

Joga dla Dzieci

Prowadzący: Krzysztof Sylwestrzak



Organizator: EMLIVING Paulina Fuss



CERTIFICATE

This is given to

Izabela Puk - Zaradmeowicz

for successfully completing
INSTRUCTOR COURSE YOGA FOR KIDS

ZGIERZ,

July 10, 2022



INSTRUCTOR

KRZYSZTOF SYLWESTRZAK

Certificate of Quaternity Institute

IZABELA MYK-ZARADNIEWICZ

Certificate of Completion 50 Hours

Yoga Nidra is the yoga of aware sleep.

In this lies the secret of self healing.

Yoga Nidra is a pratyahara technique
in which the distractions of the mind
are contained and the mind is relaxed.

Swami Satyananda Saraswati

Satyananda Saraswati 25.09.2022

Lilja Siemaszkiewicz Senior Teacher Trainer



BEYINYAN

Certificate of Completion

YIN YOGA TEACHER TRAINING

- Yin Yoga & Traditional Chinese Medicine -

is awarded to

IZABELA MYK-ZARADNI EWICZ

for 40 hours completed course

Trzadel

Dominik Trznadel,
E-RYT 200



1/12/22

Date of Completion
Wrocław, Poland