



100hrs ADVANCED HATHA YOGA TRAINING CERTIFICATE COURSE – LEVEL 3 of 3
Recommended Group Classes

Name _____

Student ID No: _____

Sl.No.	Date	Class	Master	Remarks	Signature
1		Hatha Yoga (B)			
2		Power Yoga (B)			
3		Yin Yoga			
4		Restorative Yoga			
5		Pranayama and Meditation			
6		Back Care Yoga			
7		Hatha Yoga (M)			
8		Yin Yoga			
9		Hatha Yoga (M)			
10		Detox Yoga			
11		Hatha Yoga (M)			
12		Hatha Yoga (B)			
13		Pranayama and Meditation			
14		Yoga Balance			
15		Core Yoga			



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Sl.No.	Date	Class	Master	Remarks	Signature
16		Back Care Yoga			
17		Power Yoga (B)			
18		Detox Yoga			
19		Core Yoga			
20		Inverse Yoga			
21		Andiappan Yoga Pavanamuktasana Series			
22		Ashtanga Vinyasa			
23		Slimming Yoga			
24		Yin Yoga			
25		Inverse Yoga			
26		Back Care Yoga			
27		Ashtanga Vinyasa			
28		Core Yoga			
29		Hatha Flow			
30		Inverse Yoga			



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