



**100hrs PRANAYAMA AND MEDITATION TEACHER TRAINING CERTIFICATE COURSE –
Recommended Group Classes**

Name _____

Student ID No: _____

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



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Sl.No.	Date	Class	Master	Remarks	Signature
16		Back Care Yoga			
17		Hatha Yoga (B)			
18		Restorative Yoga			
19		Yoga Therapy			
20		Restorative Yoga			
21		Andiappan Yoga Pavanamuktasana Series			
22		Destress Yoga			
23		Hatha Yoga Alignment Focus			
24		Yin Yoga			
25		Slimming Yoga			
26		Back Care Yoga			
27		Yoga Therapy			
28		Destress Yoga			
29		Pranayama & Meditation			
30		Hatha Flow			



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