



VISHNUS GARDEN

*Yoga macht dich glücklich*

Zertifikat

# Yoga Teacher of Happiness

verliehen an

*Tanja Marino*

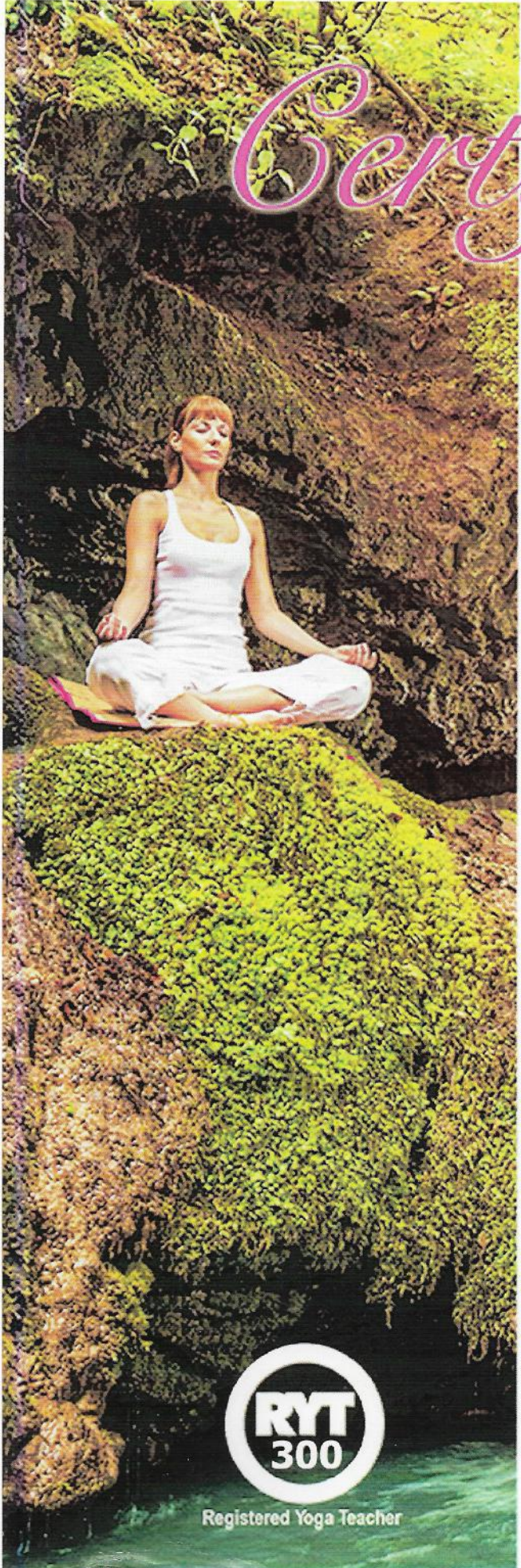


Julia J. Lietz  
Innsbruck, 6. September 2015



Yogaschule Vishnus Garden  
Sebastian-Kneipp-Weg 17, 6020 Innsbruck

Die Ausbildung fand unter der Leitung von Julia J. Lietz und Freunden statt.  
Dieser Ausbildungsabschluss erfüllt die Standards der Yoga Alliance RSY 200.



# Certificate

## OF COMPLETION

This serves to certify that

**Tanja Marino**

has successfully completed

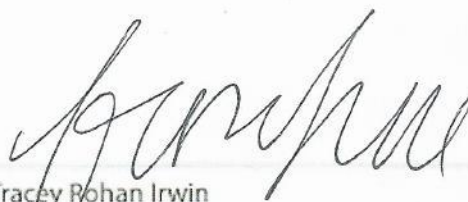
**LEVEL 2**

**YOGA TEACHER TRAINING**

**April 2016**

### Course Content

- Hatha Yoga
- Adjusting Skills
- Vinyasa Yoga
- Alignment Skills
- Teaching Skills & Practice
- Prop Use
- Nutrition
- Pranayama
- Yoga Philosophy
- Self Enquiry
- Sequencing
- Anatomy
- Meditation



Tracey Rohan Irwin  
DIRECTOR



Registered Yoga Teacher

Shades of  
**Yoga**  
body • mind • spirit

SHADESOFYOGA.COM

 YogaAlliance

# Dr. Kataria School of Laughter Yoga



## Certified Laughter Yoga Leader

*This is to certify that* Tanja Marino  
*has successfully completed the required training under my guidance and has demonstrated competence by understanding the ideas, developing skills of self stimulated techniques of laughter based on Hasya Yoga (Yogic Laughter) and having the knowledge of "Inner Spirit of Laughter" as initiated and taught by Dr. Madan Kataria M.D.*

Date 7.12.14

Place Eggelsberg



Meshefer

Laughter Yoga Teacher