



LETTER OF ATTENDANCE

January 19th, 2020

Dear Kathleen Pratt,

This letter confirms your attendance in the following module of the 300-Hour Hatha Yoga Teacher Training with Janati Yoga:

Compassionate Teaching

This program consists of 15 directed contact training hours in the practice and science of yoga including:

- ☞ Techniques – Asana/Postures: 2 hrs
- ☞ Techniques – Pranayama/Breath work: 1 hrs
- ☞ Techniques – Dhyana/Meditation: 0.5 hrs
- ☞ Techniques – Mantra: 0.5 hrs
- ☞ Anatomy, Physiology & Subtle Anatomy: 0 hrs
- ☞ Philosophy, Lifestyle & Ethics: 2 hrs
- ☞ Teaching Methodology: 6 hrs
- ☞ Practicum: 3 hrs

In testimony thereof,

Mona L. Warner, ERYT500, YACEP
Certified Ayurvedic Practitioner, Ayurvedic Yoga Therapist
Janati Yoga School, RYS500
Kingston ON Canada

