

# YOGA FOR WELLNESS & SELF-CARE WITH MIRKA KRAFTSOW

## Certificate of Participation

This Certifies that

participated in *Yoga for Wellness & Self-Care*, a 12-hour workshop from May 18-19th, 2019, an experiential workshop in the viniyoga of Yoga in the tradition of TKV Desikachar.

The workshop covered the multidimensional model of the human system using classical tools of Yoga including Asana, Pranayama, Visualization, Mantra, and Vedic Chanting.



---

MIRKA KRAFTSOW, E-RYT-500, C-IAYT

Teacher \* TaraYoga \* Regensburg

*May 19, 2019*

---

DATE