

Certificate of Completion

Certificate #2020-001215-3824

200 Hour Yoga Teacher Training

Is Awarded To:

Monique Marguerite Prevel

For successful completion of:

Yoga & Ayurveda Center's 200 Hour Yoga Teacher Training Program

This certifies that the above-named participant has successfully completed the requirements for a certificate of completion for 200 Hours of Yoga Teacher Training. Topics of Study include Yoga Philosophy, You: The Yoga Teacher, Anatomy, Understanding the Body, The Esoteric Body, Chants & Pranayama, Sanskrit, Basic Postural Assessment, Asanas, Sequencing, Introduction to Ayurveda, Preventing Injuries, Chair & Restorative Yoga, Teaching Methodology, Adjustments & Yoga As Business .

All inquiries may be directed to:



Yoga & Ayurveda Center
(570) 872-0552



S. Ball-Mitchell

12/15/2020