ON 14/12/21 THE CERTIFICATE OF SUCCESSFUL COMPLETION OF THE COURSE

YOGA ASANAS

HAS BEEN AWARDED, WITH THE FINAL VOTE 67 /100 TO

CARMELINA DI PER

Born in Messina

On 29/04/1968

Topics covered in the 120 -hour course:

Fundamental principles of Yoga; Starting poses: Sukhasana, Virasana, Balasana, Tadasana; Warm-up poses: Goasana, Parsva Balasana, Urdhva Hastasana, Arsva Tadasana; Poses for strong arms: Adho Mukha Svanasana, Ardha Pincha Mayurasana, Kumbhakasana, Ashtanga Namaskara; Forward bends: Uttanasana – Ardha Uttanasana, Padangusthasana, Prasarita, Parsvottanasana; Standing poses: Virabhadrrasana I, Virabhadrasana II, Alanasana, Trikonasana; Twist poses: Ardha Matsyendrasana, Parivrtta Utkatasana, Parivrtta Anjaneyasana, Parivrtta Trikonasana; Balance poses: Ardha Chandrasana, Vrksasana, Garudasana, Vasisthasana; Backward bends: Setu Bandha Savangasana, Makarasana, Bhujangasana, Ustrasana; Hips opening poses: Malasana, Utthan Pristhasana, Supta Kapotasana, Eka Pada Rajakapotasana; Cool down and relax poses: Paschimottanasana, Janu Sirsasana, Supta Matsyendrasana , Savasana.

ACCADEMIA DOMANI

This Certificate is verified by VeriForm:

DOTT. FABIO REBECCHI
Legale Rappresentante

ACCADEMIA DOMANI S.R.L.S.
di Rebecchi Fabio
Via Pietro Blaserna 40, 00146 Roma
C.F. e P.IVA 04909251003

Member of CISQ Federation
RINA
CERTIFIED MANAGEMENT SYSTEM
ISO 9001

EADL
European Association for Distance Learning