



# MY HEALTH YOGA

CERTIFICATE OF ACHIEVEMENT  
presented to

*Annabelle Hart*

FOR 350 HOURS COMPLETED YOGA STUDIES INCLUDING:

- \* THE FOUR INTEGRAL PATHS OF YOGA
- \* THE EIGHT LIMBS OF RAJAYOGA
- \* HATHA YOGA SESSION / VINYASA YOGA SESSION
- \* ASANAS / VARIATIONS / SEQUENCING
- \* PRANAYAMA / KRIYAS
- \* METAPHYSICS
- \* DIET & AYURVEDA
- \* MEDITATION & MANTRAS / CHANTING
- \* COMMON INJURIES
- \* SUPERVISED TEACHING PRACTICE
- \* MATERNITY, CHILD AND ELDERLY YOGA
- \* CHAKRAS, CONSCIOUSNESS AND UNIVERSAL LAWS
- \* YOGA HEALTH (MUSCLES, SKELETON, SPINAL MOVEMENT, DIGESTION, RESPIRATION, GLANDS, NERVES, MERIDIANS)
- \* ADJUSTMENT & ALIGNMENT

GIVEN IN THE MONTH OF  
May 2014

*L. A. Fields*

PRINCIPAL YOGA TEACHER TRAINER

YOGA  
AUSTRALIA

MHA  
My Health Association  
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