



## 100hrs ADVANCED HATHA YOGA TRAINING CERTIFICATE COURSE – LEVEL 2 of 3

Recommended Group Classes

Name \_\_\_\_\_

Student ID No: \_\_\_\_\_

Sl.No.	Date	Class	Master	Remarks	Signature
1		Hatha Yoga (B)			
2		Yin Yang			
3		Yin Yoga			
4		Power Yoga (B)			
5		Pranayama and Meditation			
6		Back Care Yoga			
7		Inverse Yoga			
8		Yin Yoga			
9		Hatha Yoga (M)			
10		Detox Yoga			
11		Hatha Yoga (M)			
12		Hatha Yoga (B)			
13		Slimming Yoga			
14		Hatha Flow			

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Recommended Group Classes

Name \_\_\_\_\_

Student ID No: \_\_\_\_\_

15		Core Yoga			
Sl.No.	Date	Class	Master	Remarks	Signature
16		Back Care Yoga			
17		Hatha Yoga (B)			
18		Detox Yoga			
19		Core Yoga			
20		Yin Yang			
21		Andiappan Yoga Pavanamuktasana Series			
22		Destress Yoga			
23		Hatha Yoga (M)			
24		Yin Yoga			
25		Inverse Yoga			
26		Back Care Yoga			
27		Yoga Balance			
28		Detox Yoga			
29		Hatha Flow			



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30		Hatha Yoga (M)			
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