



June 6, 2023

I hereby confirm the Ananda Yoga training received at The Expanding Light retreat by:

Name: **Emily Basili**

Program: **Restorative Yoga Teacher Training**

Dates of Program: **May 30 – June 2, 2018**

Contact Hours of Training: **21**

Educational Categories:

Techniques, Training & Practice 15.00

Teaching Methodology 3.00

Anatomy & Physiology 1.00

Yoga Philosophy, Lifestyle & Ethics 2.00

Instructor: **Melody Hansen**

Lead Teacher Signature: *Melody Hansen*

Melody Hansen, E-RYT 500