



September 14, 2018

To Whom It May Concern:

Marian McNair has successfully completed a 200 hour training course for Yoga teachers. The entire course consists of written exams, practical exam and the following syllabus:

Asanas  
Using Props  
Modifications  
Teaching Tips & Ethics  
Assisting with Alignment  
Anatomy and Kinesiology  
Yoga Business Development  
Working with Special Populations  
Yoga Philosophy and Methodology  
Communication, Marketing, and Networking  
Mudras  
Chakras  
Bandhas  
Pranayama  
Yamas & Niyamas  
Meditation and Relaxation

Marian has successfully demonstrated the ability to teach Yoga in a variety of settings.

Sincerely,

**Dr. Paul Jerard, E-RYT 500**  
**Director of Yoga Teacher Training**