



OPTIMAL  
STATE®



*Healing Yoga Institute™*

# CERTIFICATE OF COMPLETION FOR CEU

THIS CERTIFICATE IS AWARDED TO

*Christine Morgenstern*

Has successfully completed 110 hours for Yoga & Mental Health I  
Course in the Tradition of T.Krishnamacharya

*Amy Wheeler*

**Amy Wheeler**  
Director of  
Optimal State

*January 2022*

**Date**

Healing Yoga Institute  
Yoga Alliance Registered School #94080