

Therapeutic Wisdom Training

THIS CERTIFICATE IS PRESENTED TO

Linda Benton

FOR COMPLETION OF 32 HOURS

IN THE THERAPEUTIC WISDOM OF YOGA TEACHER TRAINING INTENSIVE HELD AT

THE BERGAMO CENTER FOR LIFELONG LEARNING

MOUNT SAINT JOHN IN DAYTON OHIO AUGUST 7-11, 2019

TRAINING HOURS

ASANA PRACTICE	4
PRANAYAMA AND MEDITATION PRACTICE	4
YOGA PHILOSOPHY LECTURE	3
ASSESSMENT TOOLS	3
ANATOMY AND KINESIOLOGY	5
ASANA ALIGNMENT AND ACTION	4
COMMON THERAPEUTIC PROBLEM AREAS	6
SEQUENCING PRINCIPLES	3
TOTAL HOURS	32



TAUGHT BY DOUG KELLER
CERTIFIED 500 HOUR ERYT YOGA ALLIANCE

Douglas Keller

Douglas Keller, ERYT 500

Member of the International Association of Yoga Therapists

