



downward dog

yoga centre

EST. 1997

**The Fundamentals  
of Ashtanga & Vinyasa Yoga  
Teacher Training Program  
2014**

This is to certify that **Karen Sze** has successfully  
completed 250 hours of instruction in the following areas:

Asana, Physiology & Anatomy,  
Teaching Skills & Practicum,  
Pranayama, Philosophy & Sanskrit

Ron Reid

Marla Meenakshi Joy