



# CLASSICALYOGASCHOOL

London · Scotland

Yoga Alliance Registered School - 11350

## CERTIFICATE

Awarded to

*Keary Emerson*

who has successfully completed a one year, 200+ hours,

### Teacher Training Course in Hatha Raja Yoga

which involved extensive practise and study of all aspects of yoga, including -

ASANAS; PRANAYAMA; BANDHAS; KRIYAS; CHAKRAS;  
RELAXATION AND MEDITATION TECHNIQUES; PHILOSOPHICAL  
STUDY OF YOGIC TEXTS; ANATOMY AND PHYSIOLOGY;  
SPECIALIST YOGANATOMY INSTRUCTION  
AND WITH ADDITIONAL SESSIONS IN - QIGONG AND T'AI CHI,  
THE ALEXANDER TECHNIQUE, NUTRITION,  
HANDS-ON SKILLS FOR ADJUSTING, NLP AND MYERS-BRIGGS.

*June Mitchell* ..... Date *13 August 2017*

Signed - June Mitchell, CYS Principal

An Independent Yoga School established in 2003, setting the highest standards, with an authoritative and influential Governing Body of professionals from the worlds of yoga and self-development. CYS is a Registered Yoga School with the international organisation, the Yoga Alliance, whose certification is recognised worldwide. The above-named is listed on the CYS ScotlandLondon Teachers' Register and as such is highly commended.