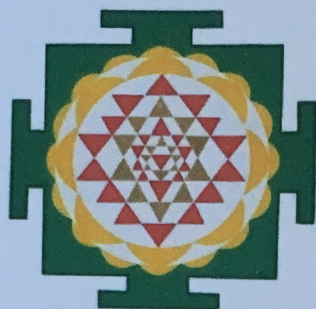


DIPLOMA



Today, April 1st 2018,

Ene Vabamets

born 19th August 1981

has from 2015 - 2018 completed her international yoga teacher training
with a total of min. 846 contact hours
at Ananda Mandala Yoga & Meditation Retreat Center
in Höghultström, Sweden.

Her practice of teaching yoga within this period consists of 407 hours.

This training qualifies her to teach the following methods
from the Satyananda Yoga tradition:

Hatha Yoga Shatkarmas, Asanas, Pranayamas, Mudras & Bandhas,
Yoga Nidra, Tratak, Vishuddhi Shuddhi and Antar Mouna.

The training follows the guidelines from Bihar School of Yoga in India
and the Satyananda Yoga Academy in Europe.

Hari Prem Andersen

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