



# Aura Wellness Center

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To Whom It May Concern:

Adriana Auguste has successfully completed a 240 hour training course for Yoga teachers, with High Honors. The entire course consists of written exams, practical exam and the following syllabus:

Asanas  
Using Props  
Modifications  
Teaching Tips & Ethics  
Assisting with Alignment  
Anatomy and Kinesiology  
Yoga Business Development  
Working with Special Populations  
Yoga Philosophy & Methodology  
Communication, Marketing, and Networking  
Mudras  
Chakras  
Bandhas  
Pranayama  
Yamas & Niyamas  
Meditation and Relaxation

As you can see, Adriana has successfully demonstrated her ability to teach Yoga in a variety of settings.

If you have any questions, feel free to contact me at any time.

Sincerely,

Paul M. Jerard, Jr., E-RYT 500  
Director of Yoga Teacher Training  
AURA, Inc.  
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