



certifies that

Stephanie Erenoglu

has successfully completed

Module 3 (40 hours) of the Yoga Teacher Training

Momentum Regeneration Essentials of Yoga Therapy
Personalized Yoga for Health and Well-being

from June 09 - 13, 2024 in Munic

Functional approach to the respiratory, cardiovascular
and immune system; physiology and sequencing
of the breath, foundations of Prānāyāma



Dr. med. Günter Niessen



Katharina Lehman

