



# MOMENTUM REGENERATION

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

