



# MOMENTUM REGENERATION

certifies that

**Stephanie Erenoglu**

has successfully completed  
Module 4 (40 hours) of the Yoga Teacher Training

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

**from October 29 to November 2, 2024 in Munich**

Functional approach to the brain,  
nervous and digestive system, immune response;  
Yoga for the elderly, Prānāyāma and  
introduction to Āyurveda

Dr. med. Günter Niessen

Katharina Lehman

