



## Yoga Vidya Gurukul (Institute for Research & Education in Yoga & Ayurveda)

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<http://www.yogapoint.com>

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Ref – YVG/YTTC

Date – 03/03/12

This is to certify that Jochen Henkel, born January 21 1963, from Hamburg, Germany has completed Yoga Therapy Teacher Training program, the program is more than 300 hours.

He has completed over 50 hours of training in study of various diseases. These hours include learning the causes, signs/symptoms and complications of the diseases.

He has completed over 125 hours of practical training in Asanas, Pranyama, Kriyas (cleansing techniques), Mantras, Chanting and Meditation. These hours include training in how to practice and teach these techniques, as well as, guided practice of the techniques themselves.

He has completed over 25 hours of study of the science and philosophy of yoga including the study of the Patanjali's Yoga Sutras and the Hatha Yoga Pradipika. This study included an in depth analysis of the ethics for yoga teachers (i.e. yamas and niyamas), as well as, guidance on bringing yoga into all areas of life.

He has completed over 30 hours of Anatomy, Physiology, and Patho-Physiology taught by medical doctors and professionals. These hours included general theory and detailed assignments related to both allopathic and ayurvedic medicine, and included all major body systems. He has completed over 20 hours of physical examination and demonstrated a basic understanding of common laboratory diagnostics, X-Ray images, and medical charting.

He has completed over 30 hours of teaching methodology specific to the use of yoga as a therapeutic modality. These hours included the principles of demonstration of techniques, observation and correction of students and the framework for delivering yoga knowledge, as well as, the qualities of the ideal yoga teacher and the process of a student's acquisition of knowledge.

He has completed over 20 hours of practical training both teaching classes and working individually with patients. In addition, he/she has completed more than 10 hours assisting and observing including listening and giving feedback.

This was a residential Therapy Training Course in which the student was immersed in the yogic lifestyle and the use of yoga as a tool for greater health. During this training the candidate has had over 180 hours of contact hours when the yoga expert was physically present with the candidate during lectures, self study, assignments, examinations, practical training and conducting classes.

The total hours of overall yoga therapy training completed by the candidate is 300 + hours.

For Yoga Vidya Gurukul

Rishi Dharmachandra (Mr. Gandhar Mandlik)  
Course Coordinator, Yoga Vidya Gurukul