

LIFEPOWER YOGA™

50 HOUR TEACHER TRAINING

THIS CERTIFICATE ACKNOWLEDGES THE COMPLETION OF THE **50 HOUR LIFEPOWER YOGA NIDRA TEACHER TRAINING PROGRAM** COMPRISED OF ORIGINS, PURPOSE, SUBTLE BODIES, SCRIPT USE AND FORMULATION, ADAPTIVE TECHNIQUES, ETHICAL CONSIDERATIONS, AND SUPPORT

Emma Uvena

Angela Williams Jones
Angela Williams Jones
ERYT 500, RPYT, RCYT, YACEP
LEAD FACULTY

Tory Schaefer
Tory Schaefer
PROGRAM DIRECTOR

November 22, 2025

COMPLETION DATE

