

Insight Yoga Certificate

This certifies that

Raminta Bendikas

has successfully completed

70-Hour Primary Level Insight Yoga Teacher
Training Intensive—Essential teachings on Yin, Mindfulness
and Sequencing Yang and Yin poses

INSIGHT YOGA
INSTITUTE

January 2020

Integrating Yoga, Buddhism and Psychology



TY POWERS, DIRECTOR

*Insight Yoga Institute only offers
Certification to applicants after successful
completion of 500 hours of study*



SARAH POWERS, DIRECTOR