

# Mina intyg och diplom i olika yogautbildningar

## Mediyoga (ca 300 h)



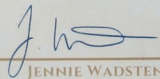
## Yoga Nidra (69 h)



THE SHALA & YOGA TREAT  
**CERTIFICATE**

This is presented to  
**ZSOFIA GANROT**  
...for completing the 7 hours  
**YOGA NIDRA**  
SCRIPT WRITING COURSE

5 June 2022

  
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THE SHALA & YOGA TREAT  
**CERTIFICATE**

This is presented to  
**ZSOFIA GANROT**  
...for completing the 15 hours  
Teacher Training Course in  
**YOGA NIDRA**  
**LEVEL 2**

15 April 2023

  
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**YOGA NIDRA**  
SCRIPT WRITING COURSE

16 April 2023

  
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Ettårig Instruktörsutbildning (ca 150 h)  
Diplom: Medveten andning och rörelse för seniorer



## Lärarutbildning/diplom i Restorative yoga (40 h)



## Kursintyg Yin yoga grundkurs (ca 30 h)

