



# LIVING EYE YOGA ASHRAM

Registered in

World Yoga Federation | Department Of Cultural Affairs

Reg. No. WYF/NAM/SL/129LEYA23

Reg. No. DCA/ 06/02/01/01/Col/412

## DIPLOMA IN YOGA AND MEDITATION TEACHER TRAINING COURSE

*This is to certify that*

**I. A. H. K. Lakmini Ilangakoon**

*has successfully completed 500 hours of  
Diploma in Yoga and Meditation Teacher Training Course  
conducted by Living Eye Yoga Ashram.*

*This course consists of traditional yoga asana, pranayama, mudra, bandhas and shadkarma, meditation, relaxation techniques, yogic ethics, history and philosophy, yogic teaching methodology and practical teaching experience, mantra chanting, anatomy, yogic principles and life styles.*

**MAY 2024 - JULY 2025**

Asanka Liyanage  
Founder and Chief Instructor  
of Living Eye Yoga Ashram, Sri Lanka

Dr. Dammika Gunawardena (MBBS, Diploma in Pathology, MD)  
Consultant Haematologist, Senior Lecturer,  
Department of Pathology, Faculty of Medical Sciences,  
University of Sri Jayawardenapura, Sri Lanka

**July 20<sup>th</sup> 2025**

Date

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*Mindfulness and silence - Path to Immortality*

