



# 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

## 200 HOURS YOGA AND MEDITATION TEACHER TRAINING COURSE

*This is to certify that*

**K. T. Nayana Darshani**

*has successfully completed 200 hours  
Yoga and Meditation Teacher Training Course  
conducted by Living Eye Yoga Ashram.*

*This course consists of traditional Yoga asana, hastha muddra and bandha,  
pranayama, yoga manthra, yoga philosophy, yoga anatomy,  
yoga shadkarma and meditation.*

**FEBRUARY 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

**October 06<sup>th</sup> 2025**

Date

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*Mindfulness and silence - Path to Immortality*

