# 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*

**R. M. Samindu Navanjana Madhusanka**

*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 06th 2025**

Date

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*Mindfulness and silence - Path to Immortality*