



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

I. T. Swannell

*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

