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

R. M. Sampath Udayalal

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.

AUGUST 2025 - AUGUST 2026

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

November 15th 2026

Date

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Mindfulness and silence - Path to Immortality