

# CERTIFICATE

## OF COMPLETION

*Ingrid Hoppe*

*Building Resilience with Yoga and Yoga Nidra*

*This 60-minute webinar plus yoga practice and Q&A by Swami Karma Karuna offers support for the body, mind and nervous system during this time of uncertainty.*

*has completed the following course on 15th January 2025*

AWARDED BY



MICHELE WILTON

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