



LETTER OF COMPLETION

July 6, 2013

This letter confirms that John Roggenkamp participated in the 2013 Forrest Yoga Foundation Teacher Training in Houston, Texas at YogaOne Studios. He completed approximately 221½ hours of classroom instruction and is now an Associate Forrest Yoga Teacher qualified to teach Forrest Yoga classes. An additional 384½ hours of supplementary instruction and self-study are also available should he choose to become a Certified Forrest Yoga Teacher.

This hands-on course, comprised of approximately 600 hours, is designed for both aspiring and advanced yoga instructors who are ready to move deeper within themselves and to assist students in the discovery of the emotional and spiritual aspects of yoga. Designed by Ana Forrest, the Forrest Yoga Foundation Teacher Training is one of the most comprehensive, intense and highly experiential programs available to yoga instructors around the world. The course involves a study of injuries, illnesses, hands-on adjustments, alignment and physical structure, and exploration of the emotional and spiritual aspects of yoga. The training includes daily intensive yoga practice; the development of ethics and boundaries in teaching; self-study; evaluation; and, an opportunity to teach beginning-level yoga students under direct supervision. The course teaches yoga instructors to work with people of all levels, abilities, and body types.

John has also completed the Anatomy and Business of Yoga courses presented in conjunction with the Forrest Yoga Foundation Teacher Training. Throughout all the courses, John exhibited consistent dedication and commitment to all aspects of teaching and living yoga. Please feel free to contact me at (425) 333-6611 or visit www.ForrestYoga.com if you have questions.

Sincerely,
Ana T. Forrest
Forrest Yoga