Muy Santo Yoga & Meditation

Date: 20231125

Certificate of Completion

Maria Högbom

Has completed a 200 hours yoga teacher training
(Multi style)

Maria Högbom has shown great dedication and understanding of the yogic practice both physical and spiritual. The student has all the required tools she/he need to pass this philosophy on to other beautiful souls.

"Not everyone will understand your journey. That`s okay. You`re here to live your life, not to make everyone understand."

"Some times it takes an overwhelming breakdown to have an undernia ble breakthr ough."

"Thousands of candles can be lit from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared."

RYT 500 yoga ALLIANCE

E-RYT 200 yoga ALLIANCE

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Head teacher
Anna-Carin Tall

RYS 200 yoga ALLIANCE