

Maharishi College  
of Perfect Health  
International  
The Netherlands



Department of  
Yoga Therapy,  
Yoga Āsanas  
and Prāṇāyāma

## YOGA INSTRUCTOR CERTIFICATE

*Dr. Stefan Lagrosen*

has successfully completed the

## MAHARISHI YOGA ĀSANA INSTRUCTOR TRAINING PROGRAMME

a comprehensive 300-hour course  
conducted from March 2020 to November 2023  
in an online format

**This extensive training programme encompassed a  
thorough study and hands-on experience of:**

- In-depth Analysis and Practical Application of the Biomechanics of 28 Distinct Yoga Āsanas, Encompassing Adjustments for Various Physiological Needs, Beginner's Versions, and Techniques for Effective Instruction.
- Fundamental Principles of Correct Āsana Practice
- Customisation Techniques for Individual Needs
- Mastery of Six Unique Yogic Breathing Techniques
- Multiple Variations of Sūryanamaskāra
- Specialised Therapeutic Exercises for Spinal Health
- An Introductory Overview of Yoga Therapy
- In-depth Exploration of Yoga Philosophy, traditional Yoga Literature, Ethics, and Lifestyle, ĀyurVeda Principles and recommendations for routine and diet
- Detailed Study of Human Anatomy Relevant to Yoga Practice
- Completion of a 30-Page Thesis on a Specialised Topic in Yoga
- Undertaking of Various Assessments to Evaluate Proficiency and Understanding
- Didactics and Methodologies for Effective Yoga Teaching

*Awarded on 20 November 2023, MERU, Vlodrop, The Netherlands*

*Gudrun Buchzik*

**GUDRUN BUCHZIK**

*Head Teacher and Department Head  
Department of Yoga Therapy,  
Maharishi College of Perfect Health International  
(MCPHI)*

*Walter Molk*

**DR. MED. WALTER MÖLK**

*Director, Maharishi College of  
Perfect Health International  
(MCPHI)*