



# MOMENTUM REGENERATION

*certifies that*

**Elke Lautil**

*has successfully completed*

**Module 2 (40 hours) of the Yoga Teacher Training**

**Momentum Regeneration Essentials of Yoga Therapy  
Personalized Yoga for Health and Well-being**

**October 30 - November 3, 2023 in Munich**

on the Locomotor System (Part 2):

Functional approach to disorders of  
the thoracic and cervical spine, shoulder girdle, arms  
and the anatomy of breathing

Dr. med. Günter Niessen

Katharina Lehman