

Certificate of Completion

This document is to certify that

Michela Montalbetti

born July 1, 1976

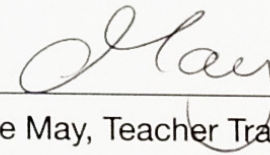
has successfully completed the 200-hour Yoga Teacher Training
set and conducted to the standards and requirements of Yoga Alliance/USA
from March 16, 2012 through September 16, 2012 at AIRYOGA in Zurich/Switzerland

Course content: Yoga Asanas, Pranayama, Mantra and Meditation, Yoga Philosophy,
Anatomy and Physiology, Teaching Skills and Practice, Sequencing, Props Usage,
Hands on Adjustments, Ayurveda, Prenatal Yoga, Restorative Yoga

Master Teachers: Christine May/Germany, Stefanie Zimmermann Castson/Switzerland,
Michael Thurnherr/Switzerland, Doug Keller/USA, Rachel Zinman/Australia

October 27, 2012

AIRYOGA, Oberdorfstrasse 2, CH-8001 Zurich



Christine May, Teacher Training Director

AIRYOGA



 YogaAlliance
Integrity. Diversity. Community.

Certificate of Completion

This document is to certify that

Michela Montalbetti

born July 1, 1976



has successfully completed the **+300 hour Advanced Yoga Teacher Training**
set and conducted to the standards and requirements of Yoga Alliance/USA:

Five modules from January 10, 2014 through July 19, 2015 at AIRYOGA in Zurich/Switzerland.

Course content: Techniques, Theory & Practice of Yoga Asana, Pranayama, Kriya, Mantra, Mudra, and Meditation.
Teaching Methodology. Anatomy & Physiology. Therapeutically oriented Yoga. Yoga Philosophy, Lifestyle & Ethics.
Assisting. Observing. Karma Yoga.

Master Teachers: Stephen Thomas, Stefanie Zimmermann, Doug Keller

March 19, 2016

AIRYOGA, Oberdorfstrasse 2, CH-8001 Zurich

A handwritten signature in blue ink that reads 'Stephen Thomas'.

Stephen Thomas, Teacher Training Director

AIRYOGA



Yoga Philosophy and Therapy Training

THIS CERTIFICATE IS PRESENTED TO

FOR COMPLETION OF 36 CREDIT HOURS
IN THE PHILOSOPHY, HATHA YOGA AND THERAPY TRAINING HELD AT
AIR YOGA IN ZURICH SWITZERLAND
JULY 18-22, 2012

HATHA YOGA ASANA PRACTICE HOURS – 5 HRS
PHILOSOPHY LECTURE AND DISCUSSION – 20.5 HRS
YOGA AS THERAPY TRAINING HOURS – 11.5 HRS



TAUGHT BY DOUG KELLER
CERTIFIED 500 HOUR ERYT YOGA ALLIANCE

Douglas Keller

Douglas Keller, ERYT 500

Member of the International Association of Yoga Therapists

Yoga Philosophy and Therapy Training

THIS CERTIFICATE IS PRESENTED TO

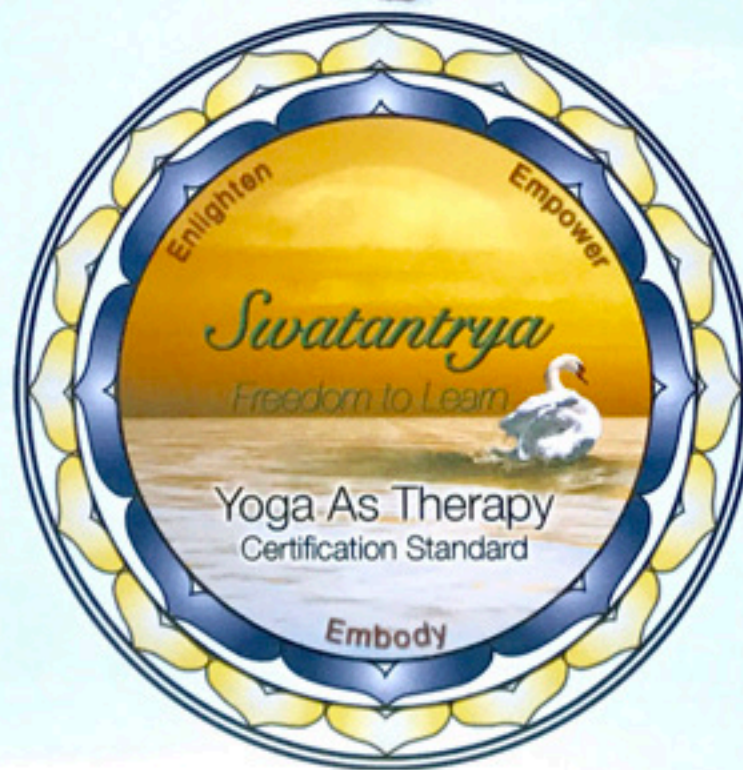
Michaela

Montalbeti

FOR COMPLETION OF 45 CREDIT HOURS

IN THE PHILOSOPHY, HATHA YOGA AND THERAPY TRAINING HELD BY
AIR YOGA AT THE RIEDERALP SEMINARHAUS, GERMANY
NOVEMBER 4-9, 2014

AIR YOGA



TAUGHT BY DOUG KELLER
CERTIFIED 500 HOUR ERYT YOGA ALLIANCE

Douglas Keller

Douglas Keller, ERYT 500

Member of the International Association of Yoga Therapists

FORREST YOGA



CERTIFICATE OF COMPLETION
FORREST YOGA HONORS

Michela Montalbetti

FOR SUCCESSFULLY COMPLETING
FORREST YOGA
ADVANCED TEACHER TRAINING
74.25 HOURS OF CONTINUING EDUCATION

Fresh Yoga
New Haven, Connecticut

November 2015

Ana T. Forrest 3^{1/2}

Ana T. Forrest
Breath. Strength. Integrity. Spirit.

CERTIFICATE OF COMPLETION

This Certifies that

Michela Montalbetti

*Has successfully completed 35 hours of theory, practice, observed teaching,
hands-on assists and sequencing in the*

**ADVANCED TEACHER'S IMMERSION
WITH ANYA PORTER & CARRIE OWERKO**

6 September 2016

DATE

Anya Porter
ANYA PORTER, TEACHER

Hatha Yoga Workshop

THIS CERTIFICATE IS PRESENTED TO

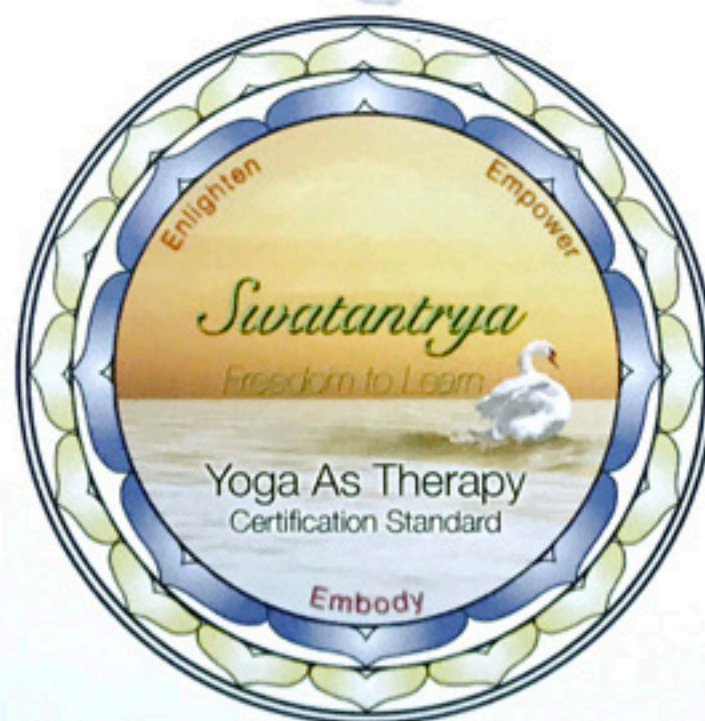
MICHELA MONTALBETTI

FOR COMPLETION OF 26 HOURS

IN THE HATHA YOGA WORKSHOP HOSTED BY STARFIRE MOUNTAIN COLLEGE IN

SURAVA SWITZERLAND

AUGUST 24-27, 2017



TAUGHT BY DOUG KELLER
CERTIFIED 500 HOUR ERYT YOGA ALLIANCE

Douglas Keller

Douglas Keller, ERYT 500

Member of the International Association of Yoga Therapists





Advanced Hatha Yoga Training

100 hours / Practice and Theory

*this is to certify that Michela Montalbetti has successfully completed
the Advanced Level Training in Hatha Yoga.*

*Practical and Theoretical study in Asana, Pranayama, Kriya,
Meditation and Selected Philosophical Studies.*

December 2 to December 15, 2018. Samata, Goa, India.

*Stephen Thomas - Director
with guest teachers Claire Dalloz & Evelyn Hunger*

svarūpa

AIRGOA

CERTIFICATE OF COMPLETION



This certificate is awarded to:

Michela Montalbetti

For completing the November Session: Live Online 50-Hour Yin Yoga
Teacher Training with Bernie Clark and Diana Batts on Yoga International.

YIN YOGA
TEACHER TRAINING

Bernie Clark

BERNIE CLARK, LEAD TRAINER

2020-11-22

DATE

Diana Batts

DIANA BATTS, ASSISTANT TRAINER

2020-11-22

DATE



CERTIFICATE OF COMPLETION

Awarded To

Michela Montalbetti

For having successfully passed the course:

SKT 101 | ELEMENTARY SANSKRIT I (12 WEEKS, 36 HOURS)

Taught by Dr. Antonia Ruppel

Grade: 95%

Date of Issue: September 27, 2021

DR. ANTONIA RUPPEL

SETH POWELL

www.yogicstudies.com

Instructor, *Yogic Studies*

Founder & Director, *Yogic Studies*



YOGICSTUDIES

CERTIFICATE OF COMPLETION

Awarded To

Michela Montalbetti

For having successfully passed the course:

SKT 102 | ELEMENTARY SANSKRIT II (12 WEEKS, 36 HOURS)

Taught by Dr. Antonia Ruppel

Grade: 93%

Date of Issue: January 10, 2022

DR. ANTONIA RUPPEL

SETH POWELL

www.yogicstudies.com

Instructor, *Yogic Studies*

Founder & Director, *Yogic Studies*



YOGIC STUDIES

CERTIFICATE OF COMPLETION

Awarded To

Michela Montalbetti

For having successfully passed the course:

SKT 103 | ELEMENTARY SANSKRIT III (12 WEEKS, 36 HOURS)

Taught by Dr. Antonia Ruppel

Grade: 95%

Date of Issue: April 21, 2023

www.yogicstudies.com

DR. ANTONIA RUPPEL

Instructor, *Yogic Studies*

SETH POWELL

Founder & Director, *Yogic Studies*



Pranayama Training

100 Hours Online Format

*This is to certify that Michela Montalbetti has
successfully completed the 100 hours Pranayama Training.*

*7 Modules - Theory and Applied Practice in
Pranayama, Kriya, & Breath Related Asana*

*Online from the Svarupa Cave
September 2023 - April 2024*

Directed by Stephen Thomas

svarūpa

Certificate of Completion

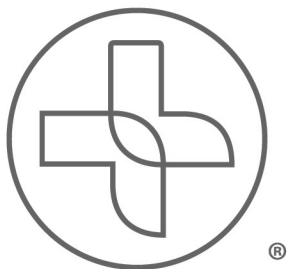
YOGA MEDICINE

EDUCATION. EXPERIENCE. RESULTS.

certifies to all that

Michela Montalbetti

has completed the 20-Hour Yoga Anatomy Training
in partnership with YOGA INTERNATIONAL



Tiffany Cruikshank

TIFFANY CRUIKSHANK L.AC., MAOM, E-RYT 500
FOUNDER

2024-02-01

DATE

YOGAMEDICINE.COM



YOGACAMPUS® CONTINUING PROFESSIONAL DEVELOPMENT (CPD) HOURS

CERTIFICATE OF COMPLETION

Name of Attendee: Michela Montalbetti

Course Title: Pranayama Is More Than The Breath

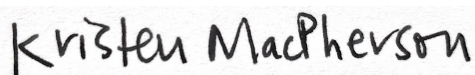
Tutor(s) Name: Doug Keller

Length of Study: 5.5 Hours

Date: from 23-06-2023 to 24-06-2023

This training was organised by Yogacampus as part of its Continuing Professional Development (CPD) for qualified yoga teachers.

Best wishes,



Dr Kristen MacPherson

Head of Training Programmes

CERTIFICATE OF COMPLETION

BREATHE TO HEAL FACILITATOR TRAINING



THIS CERTIFICATE IS PROUDLY PRESENTED TO:

Michela Montalbetti

AUSTRIA BAD DÜRRNBERG

10 - 15 MARCH 2024

A handwritten signature in black ink, appearing to read 'Max Strom', written over a horizontal line.

MAX STROM
FOUNDER & DIRECTOR