



VEN. LAMA SHRI SADHU DHARMAVIRA

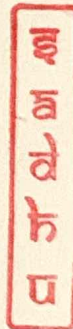
THE ART OF  
FINDING  
STILLNESS AND CALM  
RELAXATION AND DAILY  
AWARENESS TECHNIQUE

THIS IS TO CERTIFY THAT

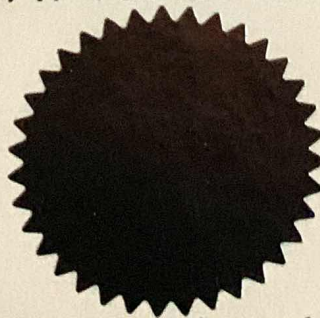
**Konstantinos Kapelas**

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HAS SUCCESSFULLY COMPLETED  
THE ONE DAY TEACHERS COURSE



*Sadu Dharma*  
Teacher



18<sup>th</sup> - NOV - 2018  
Date

this authorises the above named to teach the techniques,  
not to train and certificate others