

Lady Niguma Foundation 1 (LNF1):
Requirements for Course Completion
妮古玛1阶基础深造课程
完成课程的条件

YSIG gives certificates for the programs we run “in-house”. Distributors offer certificates of completion for the programs they run. The requirements for certification may vary between YSIG and distributors.

YSIG为主办方们开设的妮古玛课程提供认证；主办方也会针对完成的学员提供结业证明。YSIG以及各主办方们对于证书领取的资格与要求，可能有所不同。

The YSIG requirements for completion of a LN program are:
YSIG 对妮古玛系列课的认证要求如下：

1.Attend all classes, meditations, perfect posture, and storytime sessions. If a participant is not able to attend live, they may make up missed classes by watching video recordings.

1.出席所有课程：授课、冥想、体式练习以及故事时光。若学员在授课时段无法出席，则必须以回看视频的方式参与补课。

2.Complete all homework assignments, quizzes, and pass the final exam with a score of at least 75%.

2.完成所有回家作业，问答，并且通过期末考试（考试成绩必须75分以上。）

3.Complete the Wisdom in Action Challenge (WIA) including:

3.完成所有智慧行动挑战（WIA），包括：

a.Doing all wisdom in action challenges. If a student misses a day, they must make up for this day to receive certification.

a.学员必须完成每天的挑战：若学员在特定日期无法完成当日的挑战，可以用日后补上的方式来完成。

b.During the WIA challenge, students are encouraged to practice the asanas 4-6 times per week, depending on their capacity and life circumstance. All students are encouraged to take at least one day off a week from physical yoga. A student must complete 16 sessions of Lady Niguma yoga within a two month time period to receive certification.

b.在智慧行动挑战的过程当中，学员必须每周至少进行4~6次的体式练习，学员可根据自身的能力以及目前的生活方式来评估适当性。我们鼓励大家每周至少休息一天，不练习瑜伽。学员必须在两个月内完成16次妮古玛瑜伽。才能获得认证

c.Students are encouraged to meditate up to seven days a week, as their schedule and capacity allows.

c.学员在时间安排及个人能力允许的情况下，我们鼓励学员每周七天都做冥想练习。