Alison Coupland

Experienced Yoga Teacher · Stoke-on-Trent, United Kingdom

Passport 2cc46a44-6110-11f1-96e3-0cc47a2a8154

Credentials current

Read from the YogaPros register 27 November 2026

QUALIFIED
200-hour Foundation
YogaPros-accredited course · 2 more trainings

INSURED
Policy through YogaPros
Certificate on file · until 02 Nov 2027

FIRST AID
Certificate on file
Until 24 Aug 2029

RECORD

Alison’s record.

Membership	Active	
Foundation	Accredited	2021
Insurance	On file	Until 02 Nov 2027
First aid	On file	Until 24 Aug 2029

TRAINING

Qualifications.

QUALIFICATION	TRAINED BY	COMPLETED	HOURS	STATUS
Postnatal Yoga Training Course	Amy-Yoga	May 2025	40h	ACCREDITED
Yoga for Mental Health & Restorative	Louise Craig	Jan 2022	40h	ACCREDITED
Teacher Training with Mick Timpson and the Yogalife Project	The YogaLife Project	Oct 2021	200h	ACCREDITED

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL
Standing	EXPERIENCED	5 years and 1,720 hours taught since qualifying	—	—
Foundation training	ACCREDITED	200-hour · The YogaLife Project · Oct 2021	—	—
Insurance	CURRENT	Policy through YogaPros · certificate on file	—	02 Nov 2027
First aid	CURRENT	Certificate on file	—	24 Aug 2029
CPD	80 H	2 Development qualifications	—	—
Membership	ACTIVE	Joined November 2021	—	—

HISTORY

Status history.

May 2025	Completed Postnatal Yoga Training Course
Jan 2022	Completed Yoga for Mental Health & Restorative
Nov 2021	Joined the register
Oct 2021	Qualified: Teacher Training with Mick Timpson and the Yogalife Project

Scan for credentials

The QR code opens Alison’s credentials on the YogaPros register:
https://member.theyogapros.com/teachers/alison-coupland?view=credentials

Statuses only. ID documents, insurance and first aid certificates, policy numbers and addresses are never shown.