Ana Cristina Da Costa Diniz

Senior Yoga Teacher · Lisbon, Portugal

Passport 2e7982a7-6110-11f1-96e3-0cc47a2a8154

Credentials current — Read from the YogaPros register 27 November 2026

QUALIFIED

200-hour Foundation

YogaPros-accredited course · 3 more trainings

RECORD

Ana Cristina's record.

Membership	Active	
Foundation	Accredited	2015

TRAINING

Qualifications.

QUALIFICATION	TRAINED BY	COMPLETED	HOURS	STATUS
Yoga Pros Verified Foundation Course	Yoga Pros	Oct 2025	200h	ACCREDITED
Meditation Teacher Training Course 250hrs with Marco Peralta	Marco Peralta Yoga Teacher Training	Oct 2025		ACCREDITED
Transformational Meditation Teacher Training	Vayia Nafees	Nov 2021	100h	VERIFIED
Pregnancy Yoga Teacher Training Online	Marco Peralta Yoga Teacher Training	May 2017	100h	ACCREDITED

CPD · 1 COURSE · 220 HOURS · LOGGED BY ANA CRISTINA

More training.

Aug 2020	**YOGA ANATOMY**	Tiffany Cruikshank · 20h

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL
Standing	SENIOR	11 years and 6,669 hours taught since qualifying	—	—
Foundation training	ACCREDITED	200-hour · Yoga Pros · Oct 2025	—	—
CPD	220 H	2 Development qualifications · 1 logged course	—	—
Membership	ACTIVE	Joined 2015	—	—

HISTORY

Status history.

Oct 2025	Qualified: Yoga Pros Verified Foundation Course
Oct 2025	Qualified: Meditation Teacher Training Course 250hrs with Marco Peralta
Nov 2021	Completed Transformational Meditation Teacher Training
Aug 2020	CPD completed: YOGA ANATOMY
May 2017	Completed Pregnancy Yoga Teacher Training Online
2015	Joined the register

Scan for credentials

The QR code opens Ana Cristina’s credentials on the YogaPros register: https://member.theyogapros.com/teachers/ana-cristina-da-costa-diniz?view=credentials

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