Ana Sofia Caetano

Experienced Yoga Teacher · Barcarena, Lisboa, Portugal

Passport 2ccd3bff-6110-11f1-96e3-0cc47a2a8154

Credentials current

Read from the YogaPros register 27 November 2026

QUALIFIED

200-hour Foundation

Verified by YogaPros · 1 more training

RECORD

Ana Sofia’s record.

Membership	Active	
Foundation	Verified	2021

TRAINING

Qualifications.

QUALIFICATION	TRAINED BY	COMPLETED	HOURS	STATUS
Yoga Pros Verified Foundation Course	Yoga Pros	Oct 2025	200h	VERIFIED
Curso de Formação de Intrutores de Yoga	Pedro Kupfer	Sept 2025	650h	VERIFIED

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL
Standing	EXPERIENCED	5 years and 2,001 hours taught since qualifying	—	—
Foundation training	VERIFIED	200-hour · Yoga Pros · Oct 2025	—	—
Membership	ACTIVE	Joined August 2021	—	—

HISTORY

Status history.

Oct 2025	Qualified: Yoga Pros Verified Foundation Course
Sept 2025	Qualified: Curso de Formação de Intrutores de Yoga
Aug 2021	Joined the register

Scan for credentials

The QR code opens Ana Sofia’s credentials on the YogaPros register:
https://member.theyogapros.com/teachers/ana-sofia-caetano?view=credentials

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