Arlene Maitland

Yoga Teacher · St Andrews, United Kingdom

Passport 2d2b0390-6110-11f1-96e3-0cc47a2a8154

Credentials current

Read from the YogaPros register 27 November 2026

QUALIFIED

200-hour Foundation

YogaPros-accredited course · 4 more trainings

INSURED

Policy through YogaPros

Certificate on file · until 29 Jun 2027

RECORD

Arlene’s record.

Membership	Active	
Foundation	Accredited	2017
Insurance	On file	Until 29 Jun 2027

TRAINING

Qualifications.

QUALIFICATION	TRAINED BY	COMPLETED	HOURS	STATUS
Frog Lotus Yoga Teacher Training in Vinyasa Flow	Frog Lotus Yoga International	Oct 2018	200h	ACCREDITED
Frog Lotus Yoga Teacher Training in Vinyasa Flow	Frog Lotus Yoga International	Oct 2018	200h	ACCREDITED
	Yoga Pros	Oct 2018		ACCREDITED
	Yoga Pros	Oct 2018		ACCREDITED
	Yoga Pros	Oct 2017		ACCREDITED

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL
Standing	YOGA TEACHER	9 years and 1,000 hours taught since qualifying	—	—
Foundation training	ACCREDITED	200-hour · Frog Lotus Yoga International · Oct 2018	—	—
Insurance	CURRENT	Policy through YogaPros · certificate on file	—	29 Jun 2027
Membership	ACTIVE	Joined July 2020	—	—

HISTORY

Status history.

Jul 2020	Joined the register
Oct 2018	Qualified: Frog Lotus Yoga Teacher Training in Vinyasa Flow
Oct 2018	Qualified: Frog Lotus Yoga Teacher Training in Vinyasa Flow
Oct 2018	Qualified:
Oct 2018	Qualified:
Oct 2017	Qualified:

Scan for credentials

The QR code opens Arlene’s credentials on the YogaPros register:
https://member.theyogapros.com/teachers/arlene-maitland?view=credentials

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