Carina Campos Rio

Yoga Teacher · United Kingdom

Passport 2c7f8de4-6110-11f1-96e3-0cc47a2a8154

Credentials current

Read from the YogaPros register 27 November 2026

QUALIFIED
300-hour Foundation
Verified by YogaPros · 5 more trainings

INSURED
Policy through YogaPros
Certificate on file · until 04 Jan 2027

FIRST AID
Certificate on file
Until 18 Jun 2029

RECORD

Carina’s record.

Membership	Active	
Foundation	Verified	2024
Insurance	On file	Until 04 Jan 2027
First aid	On file	Until 18 Jun 2029

TRAINING

Qualifications.

QUALIFICATION	TRAINED BY	COMPLETED	HOURS	STATUS
300 Hour Yoga Teacher Training	Michelle Young	Jan 2026	300h	VERIFIED
Ayurvedic Nutrition Certification	Michelle Young	Apr 2024	60h	VERIFIED
Restorative Yoga	Michelle Young	Mar 2024	40h	VERIFIED
Yin Yoga Certification	Michelle Young	Feb 2024	40h	VERIFIED
200 Hour Yoga Teacher Training	Michelle Young	Jan 2024	200h	VERIFIED
Mindfulness Coaching Certification	Michelle Young	Dec 2023	100h	VERIFIED

CPD · 5 COURSES · 438 HOURS · LOGGED BY CARINA

More training.

Mar 2024	**Restorative Yoga Certification**	Michelle Young · 40h
Feb 2024	**Yoga Therapy for Balance**	Michelle Young · 20h
Feb 2024	**Yoga Therapy for Grief**	Michelle Young · 20h
Dec 2023	**Yoga Therapy for Anxiety**	Michelle Young · 20h
Dec 2023	**Mindfulness Coaching Certification**	Michelle Young · 98h

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL
Standing	YOGA TEACHER	2 years and 2,341 hours taught since qualifying	—	—
Foundation training	VERIFIED	300-hour · Jan 2026	—	—
Insurance	RENEWS SOON	Policy through YogaPros · certificate on file	—	04 Jan 2027
First aid	CURRENT	Certificate on file	—	18 Jun 2029
CPD	438 H	4 Development qualifications · 5 logged courses	—	—
Membership	ACTIVE	Joined January 2024	—	—

HISTORY

Status history.

Jan 2026	Qualified: 300 Hour Yoga Teacher Training
Apr 2024	Completed Ayurvedic Nutrition Certification
Mar 2024	Completed Restorative Yoga
Mar 2024	CPD completed: Restorative Yoga Certification
Feb 2024	Completed Yin Yoga Certification
Jan 2024	Joined the register

Scan for credentials

The QR code opens Carina’s credentials on the YogaPros register: https://member.theyogapros.com/teachers/carina-campos-rio?view=credentials

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