Carla Martins

Yoga Teacher · Paredes, Porto, Portugal

Passport 2c75b469-6110-11f1-96e3-0cc47a2a8154

Credentials current

Read from the YogaPros register 27 November 2026

QUALIFIED

200-hour Foundation

YogaPros-accredited course · 8 more trainings

RECORD

Carla’s record.

Membership	Active	
Foundation	Accredited	2020

TRAINING

Qualifications.

QUALIFICATION	TRAINED BY	COMPLETED	HOURS	STATUS
Yoga Therapy - Specialization in Ásana and Pranayáma	Gonçalo Correia	Dec 2025	50h	ACCREDITED
Yoga Therapy	Gonçalo Correia	Dec 2025	200h	ACCREDITED
Yoga Therapy - Specialization in Ásana and Pranayáma	Gonçalo Correia	Dec 2025	49h	ACCREDITED
Yoga Pros Verified Foundation Course	Yoga Pros	Oct 2025	200h	VERIFIED
Yoga Therapy Specialization Course	Gonçalo Correia Yoga Kshetra	Sept 2025	200h	ACCREDITED
Yin Yoga	Ana Baptista	Mar 2025	40h	VERIFIED
Yoga Therapy Specialization Course	Gonçalo Correia Yoga Kshetra	Nov 2024	200h	ACCREDITED
Especialização Yoga na Educação	Ana Sofia Barrias (Escola Sunshine Yoga)	Jul 2024	50h	VERIFIED
Yoga Aéreo	Marta Monteiro	Feb 2024	40h	VERIFIED

CPD · 2 COURSES · 681 HOURS · LOGGED BY CARLA

More training.

Apr 2025	**Air Yin Yoga & Cadenas Miofasciales & MeridianosEnergéticos**	Valvanera Berenguer Marín · 30h
Sept 2020	**Mindfulness e Práticas Meditativas**	Patrícia Araújo · 22h

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL
Standing	YOGA TEACHER	6 years and 1,000 hours taught since qualifying	—	—
Foundation training	ACCREDITED	200-hour · Dec 2025	—	—
CPD	681 H	7 Development qualifications · 2 logged courses	—	—
Membership	ACTIVE	Joined May 2024	—	—

HISTORY

Status history.

Dec 2025	Completed Yoga Therapy - Specialization in Ásana and Pranayáma
Dec 2025	Qualified: Yoga Therapy
Dec 2025	Completed Yoga Therapy - Specialization in Ásana and Pranayáma
Oct 2025	Qualified: Yoga Pros Verified Foundation Course
Sept 2025	Completed Yoga Therapy Specialization Course
May 2024	Joined the register

Scan for credentials

The QR code opens Carla's credentials on the YogaPros register: https://member.theyogapros.com/teachers/carla-martins?view=credentials

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