Catherine Haylock

Senior Yoga Teacher · Poplar, United Kingdom

Passport 2ea2d9d6-6110-11f1-96e3-0cc47a2a8154

Credentials current

Read from the YogaPros register 27 November 2026

QUALIFIED

200-hour Foundation

YogaPros-accredited course · 3 more trainings

INSURED

Policy through YogaPros

Certificate on file · until 24 Feb 2027

RECORD

Catherine’s record.

Membership	Active	
Foundation	Accredited	2000
Insurance	On file	Until 24 Feb 2027

TRAINING

Qualifications.

QUALIFICATION	TRAINED BY	COMPLETED	HOURS	STATUS
Yoga Pros Verified Foundation Course	Yoga Pros	Oct 2025	200h	ACCREDITED
MA in Traditions of Yoga and Meditation	SOAS University	Dec 2019	1800h	VERIFIED
Authorisation Level 2 Ashtanga Yoga	K Patthabi Jois Ashtnaga Yoga Institute, Mysore India	Dec 2012	500h	VERIFIED
Ashtanga Yoga Authorisation Level 1	K Patthabi Jois Ashtanga Yoga Institute	Aug 2010	500h	VERIFIED

CPD · 2 COURSES · 1,834 HOURS · LOGGED BY CATHERINE

More training.

Nov 2020	**Teaching Mindfulness Meditatio**	Michael Stone · 25h
Jul 2020	**Cutting The “knots” Of The Heart” (hdaya-granthi Bhedanam)**	Gary Kraftsow · 9h

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL
Standing	SENIOR	26 years and 10,000 hours taught since qualifying	—	—
Foundation training	ACCREDITED	200-hour · Yoga Pros · Oct 2025	—	—
Insurance	RENEWS SOON	Policy through YogaPros · certificate on file	—	24 Feb 2027

CPD	**1,834 H**	1 Development qualification · 2 logged courses	—	—
Membership	**ACTIVE**	Joined over 7 years ago	—	—

HISTORY

Status history.

Oct 2025	Qualified: Yoga Pros Verified Foundation Course
Nov 2020	CPD completed: Teaching Mindfulness Meditatio
Jul 2020	CPD completed: Cutting The “knots” Of The Heart” (hdaya-granthi Bhedanam)
Dec 2019	Completed MA in Traditions of Yoga and Meditation
7+ years ago	Joined the register
Dec 2012	Qualified: Authorisation Level 2 Ashtanga Yoga

Scan for credentials

The QR code opens Catherine’s credentials on the YogaPros register: https://member.theyogapros.com/teachers/catherine-haylock?view=credentials

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