Claire Saunders

Senior Yoga Teacher · Beckenham, United Kingdom

Passport 2e691952-6110-11f1-96e3-0cc47a2a8154

Credentials current

Read from the YogaPros register 27 November 2026

QUALIFIED

200-hour Foundation

YogaPros-accredited course · 8 more trainings

INSURED

Policy through YogaPros

Certificate on file · until 24 Oct 2027

RECORD

Claire’s record.

Membership	Active	
Foundation	Accredited	2006
Insurance	On file	Until 24 Oct 2027

TRAINING

Qualifications.

QUALIFICATION	TRAINED BY	COMPLETED	HOURS	STATUS
Yoga Pros Verified Foundation Course	Yoga Pros	Oct 2025	200h	ACCREDITED
Yoga Nidra	Melanie Cooper and Jennie Wadsten-Sharma	Nov 2024	30h	VERIFIED
Rasa Yoga 300 Hour Yoga Teacher Training	Sianna Sherman and Greta Hill	May 2021	300h	VERIFIED
Teaching Yoga and Mindfulness to Children	Special Yoga Ltd	Dec 2019	72h	VERIFIED
Teach Yoga to Teens	Charlotta Martinus	Aug 2019	60h	ACCREDITED
Rasa Yoga 300 Hour Yoga Teacher Training	Sianna Sherman	Aug 2016	300h	VERIFIED
Yoga and Mindfulness for Children and Young People with ADHD and ASD	Jo Manuel	Mar 2015	30h	VERIFIED
Anusara Yoga (Anusara Inspired Teacher)	Claire Murphy	Jan 2013	200h	VERIFIED
Perinatal Yoga (Pregnancy and Postnatal)	Francoise Freedman	Mar 2008	80h	VERIFIED

CPD · 2 COURSES · 1,090 HOURS · LOGGED BY CLAIRE

More training.

Jan 2017	**Enchanted Wonders One Day Training**	Ayala Hosmannay · 8h
Nov 2014	**Birthlight Perinatal Yoga level 3**	Kirsteen Ruffell · 10h

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL
Standing	**SENIOR**	20 years and 6,510 hours taught since qualifying	—	—
Foundation training	**ACCREDITED**	200-hour · Yoga Pros · Oct 2025	—	—
Insurance	**CURRENT**	Policy through YogaPros · certificate on file	—	24 Oct 2027
CPD	**1,090 H**	8 Development qualifications · 2 logged courses	—	—
Membership	**ACTIVE**	Joined October 2019	—	—

HISTORY

Status history.

Oct 2025	Qualified: Yoga Pros Verified Foundation Course
Nov 2024	Completed Yoga Nidra
May 2021	Completed Rasa Yoga 300 Hour Yoga Teacher Training
Dec 2019	Completed Teaching Yoga and Mindfulness to Children
Oct 2019	Joined the register
Aug 2019	Completed Teach Yoga to Teens

Scan for credentials

The QR code opens Claire’s credentials on the YogaPros register:
https://member.theyogapros.com/teachers/claire-saunders?view=credentials

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