# Esme Lopez

Senior Yoga Teacher · Edinburgh, United Kingdom

Passport 2e7dd5b3-6110-11f1-96e3-0cc47a2a8154

## Credentials current

Read from the YogaPros register 27 November 2026

QUALIFIED

**200-hour Foundation**

Verified by YogaPros · 12 more trainings

INSURED

**Policy through YogaPros**

Certificate on file · until 28 Feb 2027

RECORD

## Esme’s record.

| | | |
|---|---|---|
| **Membership** | Active | |
| **Foundation** | Verified | 2008 |
| **Insurance** | On file | Until 28 Feb 2027 |

TRAINING

## Qualifications.

| QUALIFICATION | TRAINED BY | COMPLETED | HOURS | STATUS |
|---|---|---|---|---|
| **Yoga Pros Verified Specialist Qualification** | | Nov 2025 | 28h | ACCREDITED |
| **Yoga Anatomy** | Dr Yogi | Aug 2023 | 30h | VERIFIED |
| **Mastering the Art of Sequencing** | Jason Crandell | Feb 2023 | 50h | VERIFIED |
| **Spirituality applied to everyday life** | Juan Antonio reig | Jun 2022 | 300h | VERIFIED |
| **PREVENTING AND MANAGING COMMON YOGA INJURIES** | JASON CRANDELL | Feb 2022 | 30h | VERIFIED |
| **Restorative Yoga Teacher Training** | Eva Maxis Hamilton | Dec 2020 | 30h | VERIFIED |
| **Pranayama Foundation Course** | Philip Terry | Oct 2019 | 50h | VERIFIED |
| **Yoga Tune Up Teacher Training** | Jill Miller | Jun 2018 | 70h | VERIFIED |
| **Introduction to Ayurveda The yogic system of medicine for body and mind** | Elizabeth Robert | Apr 2017 | 50h | VERIFIED |
| **Mindfulness for health** | Respira vida breathworks | Aug 2015 | 110h | VERIFIED |
| **Reiki level 3** | Adelina Pardos | Jul 2013 | 50h | VERIFIED |
| **Reiki Level 1 and 2** | Karuna Reiki Master | Nov 2011 | 30h | VERIFIED |
| **Astanga Yoga Teacher Training** | Brian Cooper PhD | Sept 2008 | 200h | VERIFIED |

CPD · 5 COURSES · 879 HOURS · LOGGED BY ESME

## More training.

| | | |
|---|---|---|
| Feb 2022 | **The Art of Preventing Injuries** | Jason Crendell · 24h |
| Jul 2019 | **The science of Rolling** | Jill Miller · 8h |
| Jul 2019 | **Reiki Mastere** | Adelina Pardos · 8h |
| Nov 2009 | **Yoga Bananas** | Vicky Oliver · 11h |
| Nov 2009 | **Yoga Bananas** | Vicky Oliver |

CREDENTIALS

## What YogaPros has checked.

| CHECK | RESULT | DETAIL | CHECKED | VALID UNTIL |
|---|---|---|---|---|
| **Standing** | SENIOR | 18 years and 6,000 hours taught since qualifying | — | — |
| **Foundation training** | VERIFIED | 200-hour · Sept 2008 | — | — |
| **Insurance** | CURRENT | Policy through YogaPros · certificate on file | — | 28 Feb 2027 |
| **CPD** | 879 H | 12 Development qualifications · 5 logged courses | — | — |
| **Membership** | ACTIVE | Joined over 7 years ago | — | — |

HISTORY

## Status history.

| | |
|---|---|
| Nov 2025 | Completed Yoga Pros Verified Specialist Qualification |
| Aug 2023 | Completed Yoga Anatomy |
| Feb 2023 | Completed Mastering the Art of Sequencing |
| Jun 2022 | Completed Spirituality applied to everyday life |
| Feb 2022 | Completed PREVENTING AND MANAGING COMMON YOGA INJURIES |
| 7+ years ago | Joined the register |

### Scan for credentials

The QR code opens Esme’s credentials on the YogaPros register:
https://member.theyogapros.com/teachers/esme-lopez?view=credentials

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