Gillian Cawte

Senior Yoga Teacher · Didsbury, United Kingdom

Passport 2e6d8dff-6110-11f1-96e3-0cc47a2a8154

Credentials current — Read from the YogaPros register 27 November 2026

QUALIFIED

200-hour Foundation

YogaPros-accredited course · 12 more trainings

RECORD

Gillian’s record.

Membership	Active	
Foundation	Accredited	2007

TRAINING

Qualifications.

QUALIFICATION	TRAINED BY	COMPLETED	HOURS	STATUS
Yoga Pros Verified Specialist Qualification		Nov 2025	28h	ACCREDITED
Yoga Pros Verified Foundation Course	Yoga Pros	Oct 2025	200h	ACCREDITED
Insight Yoga Yoga Training Level 3	Sarah Powers	May 2018	100h	VERIFIED
Insight Yoga 500 Diploma	Sarah Powers	Nov 2017	500h	VERIFIED
Insight Yoga Teacher Training	Sarah Powers	Apr 2017	30h	VERIFIED
Yin Yoga Teacher Training Level 3	Paul Grilley	Jul 2016	100h	VERIFIED
Insight Yoga Teacher Training	Sarah Powers	Nov 2014	100h	VERIFIED
Yin Yoga Teacher Training	Bernie Clark	Aug 2014	50h	VERIFIED
Insight Yoga Training	Sarah Powers	Nov 2013	70h	VERIFIED
Yin Yoga Teacher Training Diploma	Paul Grilley	Jun 2013	500h	VERIFIED
Yin Yoga Teacher Training Level 4	Paul Grilley	Jun 2013	100h	VERIFIED
Yin Yoga Teacher Training	Paul Grilley	Aug 2011	100h	VERIFIED
Yin Yoga Teacher Training	Paul Grilley	Aug 2009	100h	VERIFIED

CPD · 11 COURSES · 2,046 HOURS · LOGGED BY GILLIAN

More training.

Jan 2022	**A Yogi's guide to Chakra Meditation**	Paul Grilley · 12h
Mar 2017	**Hoffman Process**	Serena Gordon · 40h

Feb 2012	**You Me and the Gunas**	Kausthub Desikachar · 15h
Sept 2011	**Pranamaya**	Philip Xerri · 30h
Feb 2010	**The Essential Breath**	Amanda Latchmore · 7h
Oct 2009	**The Tapestry of Yoga**	Aadil Palkhivala · 30h
Feb 2009	**Pelvic Floor in Yoga**	Wendy Teasdill · 7h
Jul 2008	**Yoga Intensive Cohesion**	Donna Farhi · 22h
Feb 2007	**Insight into Relationship**	Richard Freeman · 35h
Nov 2006	**Purna Yoga Therapeutics**	Aadil Palkhivala · 35h
Apr 2006	**Structural Yoga Therapy**	Mukunda Stiles · 35h

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL
Standing	SENIOR	19 years and 4,000 hours taught since qualifying	—	—
Foundation training	ACCREDITED	200-hour · Yoga Pros · Oct 2025	—	—
CPD	2,046 H	12 Development qualifications · 11 logged courses	—	—
Membership	ACTIVE	Joined 2018	—	—

HISTORY

Status history.

Nov 2025	Completed Yoga Pros Verified Specialist Qualification
Oct 2025	Qualified: Yoga Pros Verified Foundation Course
Jan 2022	CPD completed: A Yogi's guide to Chakra Meditation
May 2018	Completed Insight Yoga Yoga Training Level 3
2018	Joined the register
Nov 2017	Completed Insight Yoga 500 Diploma

Scan for credentials

The QR code opens Gillian’s credentials on the YogaPros register:
https://member.theyogapros.com/teachers/gillian-cawte?view=credentials

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