Helen Roe

Senior Yoga Teacher · Newark, United Kingdom

Passport 2eb1fd24-6110-11f1-96e3-0cc47a2a8154

Credentials current

Read from the YogaPros register 27 November 2026

QUALIFIED

200-hour Foundation

Verified by YogaPros · 6 more trainings

INSURED

Policy through YogaPros

Certificate on file · until 07 Mar 2027

RECORD

Helen’s record.

Membership	Active	
Foundation	Verified	2016
Insurance	On file	Until 07 Mar 2027

TRAINING

Qualifications.

QUALIFICATION	TRAINED BY	COMPLETED	HOURS	STATUS
The School of Ayurveda Nutrition and Lifestyle Course	Arti Acharya	Jan 2026	200h	VERIFIED
Yoga Pros Verified Foundation Course	Yoga Pros	Oct 2025	200h	VERIFIED
Inner Dimension Acadamy	Travis Eliot	Feb 2024	50h	VERIFIED
Menopause Yoga	Petra coveney	Oct 2022	40h	ACCREDITED
Thai Yoga Massage Course Beginners	Daniel Gladwell	Oct 2019	40h	VERIFIED
The Body Athletic - Teaching Yoga to Athletes & in Sport	Sports Yoga	Sept 2017	80h	ACCREDITED
Club Morgan mind, body, kids	Club Morgan	Jul 2016	40h	VERIFIED

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL
Standing	SENIOR	10 years and 6,000 hours taught since qualifying	—	—
Foundation training	VERIFIED	200-hour · Yoga Pros · Oct 2025	—	—
Insurance	CURRENT	Policy through YogaPros · certificate on file	—	07 Mar 2027
CPD	450 H	6 Development qualifications	—	—

Membership	**ACTIVE**	Joined March 2021	—	—

HISTORY

Status history.

Jan 2026	Completed The School of Ayurveda Nutrition and Lifestyle Course
Oct 2025	Qualified: Yoga Pros Verified Foundation Course
Feb 2024	Completed Inner Dimension Acadamy
Oct 2022	Completed Menopause Yoga
Mar 2021	Joined the register
Oct 2019	Completed Thai Yoga Massage Course Beginners

Scan for credentials

The QR code opens Helen’s credentials on the YogaPros register:
https://member.theyogapros.com/teachers/helen-roe?view=credentials

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