Jaina Bhana-Mistry

Senior Yoga Teacher · Manchester, United Kingdom

Passport 2d11c3fe-6110-11f1-96e3-0cc47a2a8154

Credentials current

Read from the YogaPros register 27 November 2026

QUALIFIED

200-hour Foundation

Verified by YogaPros · 3 more trainings

INSURED

Policy through YogaPros

Certificate on file · until 04 Dec 2026

RECORD

Jaina’s record.

Membership	Active	
Foundation	Verified	2010
Insurance	On file	Until 04 Dec 2026

TRAINING

Qualifications.

QUALIFICATION	TRAINED BY	COMPLETED	HOURS	STATUS
Yoga Pros Verified Foundation Course	Yoga Pros	Oct 2025	200h	VERIFIED
30 hr Menopause Yoga Teacher Training In-Person	Sally Parkes Yoga	Apr 2024	30h	ACCREDITED
Lushtums	Claire	Dec 2015	100h	VERIFIED
200hr Yoga Training Course	Allie	Oct 2010	200h	VERIFIED

CPD · 1 COURSE · 135 HOURS · LOGGED BY JAINA

More training.

Jan 2023	**8 Hour Teaching Method**	Adam Hulser · 5h

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL
Standing	SENIOR	16 years and 6,062 hours taught since qualifying	—	—
Foundation training	VERIFIED	200-hour · Yoga Pros · Oct 2025	—	—
Insurance	RENEWS SOON	Policy through YogaPros · certificate on file	—	04 Dec 2026
CPD	135 H	2 Development qualifications · 1 logged course	—	—

Membership	**ACTIVE**	Joined 2015	—	—

HISTORY

Status history.

Oct 2025	Qualified: Yoga Pros Verified Foundation Course
Apr 2024	Completed 30 hr Menopause Yoga Teacher Training In-Person
Jan 2023	CPD completed: 8 Hour Teaching Method
Dec 2015	Completed Lushtums
2015	Joined the register
Oct 2010	Qualified: 200hr Yoga Training Course

Scan for credentials

The QR code opens Jaina’s credentials on the YogaPros register: https://member.theyogapros.com/teachers/jaina-bhana-mistry?view=credentials

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