Jo Lockhart

Senior Yoga Teacher · Glasgow, United Kingdom

Passport 2e8b2c84-6110-11f1-96e3-0cc47a2a8154

Credentials current

Read from the YogaPros register 27 November 2026

QUALIFIED

200-hour Foundation

YogaPros-accredited course · 13 more trainings

FIRST AID

Certificate on file

Until 16 Nov 2028

RECORD

Jo’s record.

Membership	Active	
Foundation	Accredited	2008
First aid	On file	Until 16 Nov 2028

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
580 hr Minded Institute Yoga Therapy Training	Heather Mason	Mar 2021	580h	VERIFIED
550 hour Minded Yoga Therapy Training	Heather Mason	Jan 2020	550h	VERIFIED
Yoga in Healthcare Alliance Professional Training 10 week yoga for Health Programme	Paul Fox	Nov 2019	35h	VERIFIED
Yoga Therapy and Mindfulness for Addictions	Shaura Hall	Nov 2018	30h	VERIFIED
Special Yoga for Special Children - 7 day training	Jyoti Manuel	Oct 2018	85h	VERIFIED
Yoga Therapy for Mindfulness and PTSD	Heather Mason	Oct 2016	40h	VERIFIED
Myofascial Anatomy & Movement series for Yoga Teachers	Gary Carter	Jul 2016	150h	VERIFIED
Teach Meditation	Swami Saradananda	Jun 2013	140h	VERIFIED
Meditation Teacher Training	Swami Saradananda	Jun 2013	85h	VERIFIED
Yoga for the Special Child Program	Jo Manuel	Feb 2013	48h	VERIFIED
Astanga Primary Series Intensive	David Keil	Jun 2011	54h	VERIFIED

Astanga Primary Series Intensive	David Swenson	Nov 2009	40h	VERIFIED

CPD · 5 COURSES · 1,798 HOURS · LOGGED BY JO

More training.

Mar 2021	**Yoga for Improved Immune Function**	Timothy McCall MD · 6h
Mar 2019	**Special Yoga and Mindfulness for Autism and ADHD**	Jyoti Manuel · 20h
Jul 2014	**Hands on Adjustments**	David Keil · 13h
Sept 2008	**Radiant Child Yoga Program**	Amanda Reid · 19h
Oct 2007	**BodyMind Kids**	Sue Woodd · 15h

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL
Standing	SENIOR	18 years and 13,000 hours taught since qualifying	—	—
Foundation training	ACCREDITED	200-hour · Yoga Pros · Oct 2025	—	—
First aid	CURRENT	Certificate on file	—	16 Nov 2028
CPD	1,798 H	12 Development qualifications · 5 logged courses	—	—
Membership	ACTIVE	Joined 2016	—	—

HISTORY

Status history.

Nov 2025	Completed Yoga Pros Verified Specialist Qualification
Oct 2025	Qualified: Yoga Pros Verified Foundation Course
Mar 2021	CPD completed: Yoga for Improved Immune Function
Mar 2021	Completed 580 hr Minded Institute Yoga Therapy Training
Jan 2020	Completed 550 hour Minded Yoga Therapy Training
2016	Joined the register

Scan for credentials

The QR code opens Jo’s credentials on the YogaPros register:
https://member.theyogapros.com/teachers/jo-lockhart?view=credentials

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