Judy Whiteside

Experienced Yoga Teacher · United Kingdom

Passport 2ccf5f61-6110-11f1-96e3-0cc47a2a8154

Credentials current

Read from the YogaPros register 27 November 2026

QUALIFIED

200-hour Foundation

Verified by YogaPros · 10 more trainings

INSURED

Policy through YogaPros

Certificate on file · until 08 Jul 2027

RECORD

Judy’s record.

Membership	Active	
Foundation	Verified	2021
Insurance	On file	Until 08 Jul 2027

TRAINING

Qualifications.

QUALIFICATION	TRAINED BY	COMPLETED	HOURS	STATUS
Advanced Yoga Teacher Training	Gingi Lee	Dec 2023	300h	VERIFIED
Yin Yoga	Melanie Cooper	Apr 2023	50h	VERIFIED
Pranayama	Melanie Cooper	Jan 2023	35h	VERIFIED
Breathwork, Mindfulness and Meditation	David Behrens	Jan 2023	30h	VERIFIED
Yoga Nidra	Melanie Cooper	Nov 2022	30h	VERIFIED
Accessible Yoga Philosophy	Daniel Simpson	Mar 2022	40h	VERIFIED
Breath Body Mind Teacher training Level 1	Richard Brown	Nov 2021	36h	VERIFIED
Advance Teacher Training	Melanie Cooper	Sept 2021	60h	VERIFIED
Yoga Teacher Training Diploma	Jane Craggs and Jill Amison	Jun 2021	200h	VERIFIED
Yin Yoga	Norman Blair	Feb 2021	60h	VERIFIED
Relax and Restore	Adelene Cheong	Feb 2020	40h	VERIFIED

CPD · 9 COURSES · 815 HOURS · LOGGED BY JUDY

More training.

Dec 2023	**Yoga Nidra Level 2**	Jennie Wadsten Sharma · 15h
May 2022	**Chair Yoga**	Dina Cohen · 10h
Jul 2021	**Breath Body Mind Introductory Workshop**	Richard Brown · 12h

Nov 2020	**Breathing School**	Ben Wolff · 20h
Aug 2020	**The Pelvis is Everything**	Lizzie Lasater · 4h
Jul 2020	**Teaching Yin Yoga: Minds, Meridians, Moments**	Norman Blair · 30h
Jun 2020	**Sanskrit for Yogis**	Graham Burns · 7h
Nov 2019	**Relax and Restore Immersion**	Adelene Cheong · 30h
Apr 2019	**Restorative Yoga: The art and science of rest and relaxation**	Adelene Cheong · 6h

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL
Standing	**EXPERIENCED**	5 years and 2,150 hours taught since qualifying	—	—
Foundation training	**VERIFIED**	200-hour · Jun 2021	—	—
Insurance	**CURRENT**	Policy through YogaPros · certificate on file	—	08 Jul 2027
CPD	**815 H**	10 Development qualifications · 9 logged courses	—	—
Membership	**ACTIVE**	Joined July 2021	—	—

HISTORY

Status history.

Dec 2023	Completed Advanced Yoga Teacher Training
Dec 2023	CPD completed: Yoga Nidra Level 2
Apr 2023	Completed Yin Yoga
Jan 2023	Completed Pranayama
Jan 2023	Completed Breathwork, Mindfulness and Meditation
Jul 2021	Joined the register

Scan for credentials

The QR code opens Judy’s credentials on the YogaPros register: https://member.theyogapros.com/teachers/judy-whiteside?view=credentials

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