Kara Herbert

Senior Yoga Teacher · Bath, United Kingdom

Passport 2e7a06d6-6110-11f1-96e3-0cc47a2a8154

Credentials current

Read from the YogaPros register 26 November 2026

QUALIFIED
200-hour Foundation
YogaPros-accredited course · 3 more trainings

INSURED
Policy through YogaPros
Certificate on file · until 01 Aug 2027

FIRST AID
Certificate on file
Until 22 Feb 2029

RECORD

Kara’s record.

Membership	Active	
Foundation	Accredited	2013
Insurance	On file	Until 01 Aug 2027
First aid	On file	Until 22 Feb 2029

TRAINING

Qualifications.

QUALIFICATION	TRAINED BY	COMPLETED	HOURS	STATUS
Yoga Pros Verified Foundation Course	Yoga Pros	Oct 2025	200h	ACCREDITED
Anatomy and Physiology for Yoga	Andrew McGonigle	Aug 2021	30h	VERIFIED
Yin Yoga and Mindfulness Teacher Training	Paula Ahlberg	Mar 2018	40h	VERIFIED
200hour training course	Allie Hill	Jun 2009	200h	VERIFIED

CPD · 2 COURSES · 386 HOURS · LOGGED BY KARA

More training.

Nov 2016	**300 hour Advanced Vinyasa TTC – 20 Jan to 15 Feb 2020**	Sampoorna Yoga Shala · 300h
Jun 2016	**Sacred Centres Workshop Charging Up Your Chakras**	Anodea Judith · 16h

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL
Standing	SENIOR	13 years and 7,000 hours taught since qualifying	—	—
Foundation training	ACCREDITED	200-hour · Yoga Pros · Oct 2025	—	—
Insurance	CURRENT	Policy through YogaPros · certificate on file	—	01 Aug 2027

First aid	**CURRENT**	Certificate on file	—	22 Feb 2029
CPD	**386 H**	2 Development qualifications · 2 logged courses	—	—
Membership	**ACTIVE**	Joined over 7 years ago	—	—

HISTORY

Status history.

Oct 2025	Qualified: Yoga Pros Verified Foundation Course
Aug 2021	Completed Anatomy and Physiology for Yoga
7+ years ago	Joined the register
Mar 2018	Completed Yin Yoga and Mindfulness Teacher Training
Nov 2016	CPD completed: 300 hour Advanced Vinyasa TTC – 20 Jan to 15 Feb 2020
Jun 2016	CPD completed: Sacred Centres Workshop Charging Up Your Chakras

Scan for credentials

The QR code opens Kara’s credentials on the YogaPros register: https://member.theyogapros.com/teachers/kara-herbert?view=credentials

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