Karo Tak

Senior Yoga Teacher · Amsterdam, Noord-Holland, Netherlands

Passport 2e710768-6110-11f1-96e3-0cc47a2a8154

Credentials current

Read from the YogaPros register 27 November 2026

QUALIFIED

200-hour Foundation

YogaPros-accredited course · 2 more trainings

FIRST AID

Certificate on file

Until 11 Mar 2029

RECORD

Karo’s record.

Membership	Active	
Foundation	Accredited	2013
First aid	On file	Until 11 Mar 2029

TRAINING

Qualifications.

QUALIFICATION	TRAINED BY	COMPLETED	HOURS	STATUS
Yoga Pros Verified Foundation Course	Yoga Pros	Oct 2025	200h	ACCREDITED
500hr TEACHER TRAINING	Stewart Gilchrist	Oct 2022	500h	ACCREDITED
Jivamukti Yoga 300 hrs	Sharon Gannon and David Life	May 2013	300h	VERIFIED

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL
Standing	SENIOR	13 years and 8,000 hours taught since qualifying	—	—
Foundation training	ACCREDITED	200-hour · Yoga Pros · Oct 2025	—	—
First aid	CURRENT	Certificate on file	—	11 Mar 2029
Membership	ACTIVE	Joined January 2022	—	—

HISTORY

Status history.

Oct 2025	Qualified: Yoga Pros Verified Foundation Course
Oct 2022	Qualified: 500hr TEACHER TRAINING
Jan 2022	Joined the register

May 2013	Qualified: Jivamukti Yoga 300 hrs

Scan for credentials

The QR code opens Karo’s credentials on the YogaPros register:
https://member.theyogapros.com/teachers/karo-tak?view=credentials

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