Kristin Kristjansdottir

Experienced Yoga Teacher · Dublin, County Dublin, Ireland

Passport 2cd4752e-6110-11f1-96e3-0cc47a2a8154

Credentials current

Read from the YogaPros register 27 November 2026

QUALIFIED

200-hour Foundation

YogaPros-accredited course · 4 more trainings

INSURED

Policy through YogaPros

Certificate on file · until 19 May 2027

RECORD

Kristin’s record.

Membership	Active	
Foundation	Accredited	2021
Insurance	On file	Until 19 May 2027

TRAINING

Qualifications.

QUALIFICATION	TRAINED BY	COMPLETED	HOURS	STATUS
Fascial Fitness Training	Thomas Nietzsche	Dec 2025	60h	VERIFIED
Better way to Flow: Preventing and managing Yoga Injuries	Jason Crandell	Oct 2024	30h	VERIFIED
Yoga, Fascia and Healthy Living: Keys to Enhanced Fascia Fitness	Tom Myers	Sept 2024	60h	VERIFIED
Yoga Therapy - Yin & Yang 200Hr TT	Grace Tempany (Functional Yoga Integrated)	Nov 2023	200h	ACCREDITED
250hr FoundationYoga Teacher Training	Bev Perrino	May 2021	250h	ACCREDITED

CPD · 2 COURSES · 183 HOURS · LOGGED BY KRISTIN

More training.

Aug 2025	**MyoYin and Myofascial Face Therapy**	Grace Tempany · 25h
Oct 2021	**Prenatal Myofascial Release**	Tiffany Cruicshank · 8h

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL
Standing	EXPERIENCED	5 years and 1,400 hours taught since qualifying	—	—
Foundation training	ACCREDITED	200-hour · Nov 2023	—	—

Insurance	**CURRENT**	Policy through YogaPros · certificate on file	—	19 May 2027
CPD	**183 H**	3 Development qualifications · 2 logged courses	—	—
Membership	**ACTIVE**	Joined May 2021	—	—

HISTORY

Status history.

Dec 2025	Completed Fascial Fitness Training
Aug 2025	CPD completed: MyoYin and Myofascial Face Therapy
Oct 2024	Completed Better way to Flow: Preventing and managing Yoga Injuries
Sept 2024	Completed Yoga, Fascia and Healthy Living: Keys to Enhanced Fascia Fitness
Nov 2023	Qualified: Yoga Therapy - Yin & Yang 200Hr TT
May 2021	Joined the register

Scan for credentials

The QR code opens Kristin’s credentials on the YogaPros register: https://member.theyogapros.com/teachers/kristin-kristjansdottir?view=credentials

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