Lisa McCabe

Senior Yoga Teacher · Saint Helier, St Helier, Jersey

Passport 2e7b56bc-6110-11f1-96e3-0cc47a2a8154

Credentials current

Read from the YogaPros register 27 November 2026

QUALIFIED

200-hour Foundation

YogaPros-accredited course · 1 more training

RECORD

Lisa's record.

Membership	Active	
Foundation	Accredited	2010

TRAINING

Qualifications.

QUALIFICATION	TRAINED BY	COMPLETED	HOURS	STATUS
Yoga Pros Verified Foundation Course	Yoga Pros	Oct 2025	200h	ACCREDITED
Nervous System and Restorative Yoga Training	Tiffany Cruikshank Yoga Medicine	May 2020	55h	VERIFIED

CPD · 16 COURSES · 722 HOURS · LOGGED BY LISA

More training.

Feb 2026	**Burnout Resilience Program**	Tiffany Cruikshank Yoga Medicine · 10h
Jan 2026	**Menopause Yoga Teacher Training**	Tiffany Cruikshank Yoga Medicine · 17h
Feb 2025	**Sequencing with Purpose**	Tiffany Cruikshank Yoga Medicine · 20h
Jan 2025	**Yoga for Addiction Recovery**	Yoga Medicine · 2h
Jan 2025	**Trauma Informed Yoga**	Tiffany Cruikshank Yoga Medicine · 2h
Jan 2025	**Conducting a Comprehensive Evaluation**	Yoga Medicine · 1h
Jan 2025	**Neurobiology of Yoga**	Yoga Medicine · 1h
Jan 2025	**Decolonisng Yoga**	Firdose Moonda Yoga Medicine · 12h
Jun 2024	**Yoga and Politics Holding the Essence of Yoga**	Firdose Moonda Yoga Medicine · 12h
Dec 2023	**Pranayama Yoga TT**	Tiffany Cruikshank Yoga Medicine · 17h
May 2021	**Functional Yoga**	Tiffany Cruikshank · 20h
Jan 2021	**One to One Yoga Online**	Tiffany Cruikshank Yoga Medicine · 2h

Mar 2020	**Yoga Medicine Therapeutic Specialist**	Tiffany Cruikshank · 500h
Sept 2018	**Yoga for Athletes**	Tiffany Cruikshank Yoga Medicine · 25h
Jan 2017	**Shoulder anatomy immersion**	Tiffany Cruikshank Yoga Medicine · 25h
Jan 2005	**Recognising Red Flags**	Yoga Medicine · 1h

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL
Standing	SENIOR	16 years and 4,500 hours taught since qualifying	—	—
Foundation training	ACCREDITED	200-hour · Yoga Pros · Oct 2025	—	—
CPD	722 H	1 Development qualification · 16 logged courses	—	—
Membership	ACTIVE	Joined over 7 years ago	—	—

HISTORY

Status history.

Feb 2026	CPD completed: Burnout Resilience Program
Jan 2026	CPD completed: Menopause Yoga Teacher Training
Oct 2025	Qualified: Yoga Pros Verified Foundation Course
Feb 2025	CPD completed: Sequencing with Purpose
Jan 2025	5 CPD courses completed
7+ years ago	Joined the register

Scan for credentials

The QR code opens Lisa's credentials on the YogaPros register:
https://member.theyogapros.com/teachers/lisa-mccabe?view=credentials

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