Liz Oppedijk

Senior Yoga Teacher · St Albans, UK, United Kingdom

Passport 2d0f5b7b-6110-11f1-96e3-0cc47a2a8154

Credentials current

Read from the YogaPros register 27 November 2026

QUALIFIED

200-hour Foundation

Verified by YogaPros

RECORD

Liz’s record.

Membership	Active	
Foundation	Verified	2014

TRAINING

Qualifications.

QUALIFICATION	TRAINED BY	COMPLETED	HOURS	STATUS
Yoga Pros Verified Foundation Course	Yoga Pros	Oct 2025	200h	VERIFIED

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL
Standing	SENIOR	12 years and 4,000 hours taught since qualifying	—	—
Foundation training	VERIFIED	200-hour · Yoga Pros · Oct 2025	—	—
Membership	ACTIVE	Joined September 2022	—	—

HISTORY

Status history.

Oct 2025	Qualified: Yoga Pros Verified Foundation Course
Sept 2022	Joined the register



Scan for credentials

The QR code opens Liz’s credentials on the YogaPros register:
https://member.theyogapros.com/teachers/liz-oppedijk-863723?view=credentials

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