Loulou James

Yoga Teacher · Lytchett Matravers, United Kingdom

Passport 2c7d1da7-6110-11f1-96e3-0cc47a2a8154

Credentials current

Read from the YogaPros register 27 November 2026

QUALIFIED
200-hour Foundation
Verified by YogaPros · 2 more trainings

INSURED
Private policy
Certificate on file · until 24 Jun 2027

FIRST AID
Certificate on file
Until 11 Jun 2029

RECORD

Loulou’s record.

Membership	Active	
Foundation	Verified	2011
Insurance	On file	Until 24 Jun 2027
First aid	On file	Until 11 Jun 2029

TRAINING

Qualifications.

QUALIFICATION	TRAINED BY	COMPLETED	HOURS	STATUS
Yoga Pros Verified Foundation Course	Yoga Pros	Oct 2025	200h	VERIFIED
Pranayama Foundation Course	Philip Xerri	May 2024	45h	VERIFIED
Total Yoga Nidra Teacher and Facilitator Training	Uma Dinsmore-Tuli and Nirlipta Tuli (Yoga Nidra Network)	Mar 2022	60h	VERIFIED

CPD · 3 COURSES · 141 HOURS · LOGGED BY LOULOU

More training.

Oct 2010	**Management and Reahbilitation of Brathing Pattern Disorders**	Leon Chaitow · 14h
Sept 2010	**Respiratory Enhancement**	Tom Myers · 14h
Nov 2009	**Buteyko Breathing Technique for Adults, 2012**	Janet Brindley · 8h

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL
Standing	YOGA TEACHER	15 years and 200 hours taught since qualifying	—	—
Foundation training	VERIFIED	200-hour · Yoga Pros · Oct 2025	—	—

Insurance	**CURRENT**	Private policy · certificate on file	—	24 Jun 2027
First aid	**CURRENT**	Certificate on file	—	11 Jun 2029
CPD	**141 H**	2 Development qualifications · 3 logged courses	—	—
Membership	**ACTIVE**	Joined January 2024	—	—

HISTORY

Status history.

Oct 2025	Qualified: Yoga Pros Verified Foundation Course
May 2024	Completed Pranayama Foundation Course
Jan 2024	Joined the register
Mar 2022	Completed Total Yoga Nidra Teacher and Facilitator Training
Oct 2010	CPD completed: Management and Reahbilitation of Brathing Pattern Disorders
Sept 2010	CPD completed: Respiratory Enhancement

Scan for credentials

The QR code opens Loulou’s credentials on the YogaPros register: https://member.theyogapros.com/teachers/loulou-james?view=credentials

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