Lourdes Rodriguez

Senior Yoga Teacher · Erith, United Kingdom

Passport 2d916a4c-6110-11f1-96e3-0cc47a2a8154

Credentials current

Read from the YogaPros register 27 November 2026

QUALIFIED

200-hour Foundation

YogaPros-accredited course · 5 more trainings

INSURED

Policy through YogaPros

Certificate on file · until 20 Feb 2027

RECORD

Lourdes's record.

Membership	Active	
Foundation	Accredited	2015
Insurance	On file	Until 20 Feb 2027

TRAINING

Qualifications.

QUALIFICATION	TRAINED BY	COMPLETED	HOURS	STATUS
Arm Balances & Inversions	Nathania Stambouli	Jul 2026	30h	VERIFIED
Yoga Pros Verified Foundation Course	Yoga Pros	Oct 2025	200h	ACCREDITED
Bali 200hr yoga teacher training	Bridget Woods Kramer School of Yoga	Oct 2025		ACCREDITED
Anusara Hatha Yoga	Bridget Woods Kramer	Feb 2015	200h	VERIFIED
Pathway to Yoga	Ann See Yeoh	Jun 2005	50h	VERIFIED
Pathway to Yoga	Ann-See Yeoh and Ivan Amaral	Jun 2005	56h	VERIFIED

CPD · 4 COURSES · 207 HOURS · LOGGED BY LOURDES

More training.

Jun 2026	**Yin yoga**	Kate Lombardo · 20h
Oct 2025	**Sequencing**	Bridget Woods Kramer · 15h
Aug 2023	**Virgin Active Yoga**	Jenny Ellis · 16h
Apr 2021	**Yin Yoga**	Jamie Clarke · 20h

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL
Standing	SENIOR	11 years and 4,560 hours taught since qualifying	—	—
Foundation training	ACCREDITED	200-hour · Yoga Pros · Oct 2025	—	—
Insurance	RENEWS SOON	Policy through YogaPros · certificate on file	—	20 Feb 2027
CPD	207 H	3 Development qualifications · 4 logged courses	—	—
Membership	ACTIVE	Joined 2017	—	—

HISTORY

Status history.

Jul 2026	Completed Arm Balances & Inversions
Jun 2026	CPD completed: Yin yoga
Oct 2025	CPD completed: Sequencing
Oct 2025	Qualified: Yoga Pros Verified Foundation Course
Oct 2025	Qualified: Bali 200hr yoga teacher training
2017	Joined the register

Scan for credentials

The QR code opens Lourdes's credentials on the YogaPros register: https://member.theyogapros.com/teachers/lourdes-rodriguez?view=credentials

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