Naomi Rudge

Senior Yoga Teacher · Newquay, United Kingdom

Passport 2e6043f0-6110-11f1-96e3-0cc47a2a8154

Credentials current — Read from the YogaPros register 27 November 2026

QUALIFIED

200-hour Foundation

YogaPros-accredited course · 3 more trainings

RECORD

Naomi's record.

Membership	Active	
Foundation	Accredited	2015

TRAINING

Qualifications.

QUALIFICATION	TRAINED BY	COMPLETED	HOURS	STATUS
Restorative Yoga Training	Amy Jones	Feb 2026	30h	VERIFIED
Yoga Pros Verified Foundation Course	Yoga Pros	Oct 2025	200h	ACCREDITED
30 hr Online Menopause Yoga Teacher Training	Sally Parkes Yoga	Apr 2023	30h	ACCREDITED
85Hr In-Person Pregnancy Yoga Teacher Training with Sally Parkes-London	Sally Parkes	Mar 2019	85h	ACCREDITED

CPD · 1 COURSE · 181 HOURS · LOGGED BY NAOMI

More training.

Sept 2015	**iRest Level 1 Yoga Nidra Training**	James Reeves - Integrative Restoration Institute · 36h

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL
Standing	SENIOR	11 years and 5,052 hours taught since qualifying	—	—
Foundation training	ACCREDITED	200-hour · Yoga Pros · Oct 2025	—	—
CPD	181 H	3 Development qualifications · 1 logged course	—	—
Membership	ACTIVE	Joined May 2021	—	—

HISTORY

Status history.

Feb 2026	Completed Restorative Yoga Training
Oct 2025	Qualified: Yoga Pros Verified Foundation Course
Apr 2023	Completed 30 hr Online Menopause Yoga Teacher Training
May 2021	Joined the register
Mar 2019	Completed 85Hr In-Person Pregnancy Yoga Teacher Training with Sally Parkes-London
Sept 2015	CPD completed: iRest Level 1 Yoga Nidra Training

Scan for credentials

The QR code opens Naomi’s credentials on the YogaPros register:
https://member.theyogapros.com/teachers/naomi-rudge?view=credentials

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