Rebecca Triggs

Experienced Yoga Teacher · Bournemouth, United Kingdom

Passport 2cff9904-6110-11f1-96e3-0cc47a2a8154

Credentials current

Read from the YogaPros register 27 November 2026

QUALIFIED

200-hour Foundation

YogaPros-accredited course · 3 more trainings

INSURED

Policy through YogaPros

Certificate on file · until 30 Dec 2026

RECORD

Rebecca’s record.

Membership	Active	
Foundation	Accredited	2020
Insurance	On file	Until 30 Dec 2026

TRAINING

Qualifications.

QUALIFICATION	TRAINED BY	COMPLETED	HOURS	STATUS
Vinyasa Yoga Teacher	Kathy Ran	Jan 2020	200h	ACCREDITED
Chesterfield Ashtanga Vinyasa Teacher Training	Yoga University	Jan 2020	200h	ACCREDITED
Chesterfield Ashtanga Vinyasa Teacher Training	Yoga University	Jan 2020	200h	ACCREDITED
Foundation course level 1	Hayley Gumery	Apr 2019	60h	VERIFIED

CPD · 7 COURSES · 125 HOURS · LOGGED BY REBECCA

More training.

Nov 2025	**Hot Yoga**	Kathy Ran · 20h
Nov 2025	**Rocket Yoga**	Kathy Ran · 20h
Nov 2025	**Yoga as Medicine**	Laura Green · 7h
Nov 2025	**Yin Yoga & Taoism**	Laura Green · 8h
Nov 2025	**Foundations of Sequencing**	Laura Green · 4h
Nov 2025	**Refining the Language of Teaching Yoga**	Andrew McGonigle Doctor Yogi · 2h
Nov 2025	**Accessible Chair Yoga**	Dina Cohen · 4h

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL
Standing	EXPERIENCED	6 years and 1,500 hours taught since qualifying	—	—
Foundation training	ACCREDITED	200-hour · Jan 2020	—	—
Insurance	RENEWS SOON	Policy through YogaPros · certificate on file	—	30 Dec 2026
CPD	125 H	1 Development qualification · 7 logged courses	—	—
Membership	ACTIVE	Joined December 2020	—	—

HISTORY

Status history.

Nov 2025	7 CPD courses completed
Dec 2020	Joined the register
Jan 2020	Qualified: Vinyasa Yoga Teacher
Jan 2020	Qualified: Chesterfield Ashtanga Vinyasa Teacher Training
Jan 2020	Qualified: Chesterfield Ashtanga Vinyasa Teacher Training
Apr 2019	Completed Foundation course level 1

Scan for credentials

The QR code opens Rebecca’s credentials on the YogaPros register: https://member.theyogapros.com/teachers/rebecca-triggs?view=credentials

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