Sarah Blake

Experienced Yoga Teacher · Cambridge, United Kingdom

Passport 2c27aa50-6110-11f1-96e3-0cc47a2a8154

Credentials current

Read from the YogaPros register 27 November 2026

QUALIFIED

300-hour Foundation

Verified by YogaPros · 3 more trainings

INSURED

Policy through YogaPros

Certificate on file · until 30 Sept 2027

RECORD

Sarah's record.

Membership	Active	
Foundation	Verified	2020
Insurance	On file	Until 30 Sept 2027

TRAINING

Qualifications.

QUALIFICATION	TRAINED BY	COMPLETED	HOURS	STATUS
300 hour RYT	My Vinyasa Practice Michelle Young	Oct 2021	300h	VERIFIED
Advanced Anatomy	My Vinyasa Practice Michelle Young	Jan 2021	40h	VERIFIED
Trauma informed yoga	My Vinyasa Practice Michelle Young	Oct 2020	40h	VERIFIED
200 HOUR YOGA TEACHER TRAINING	My Vinyasa Practice	Oct 2020	200h	ACCREDITED

CPD · 4 COURSES · 136 HOURS · LOGGED BY SARAH

More training.

Jan 2022	**Advanced Anatomy**	My Vinyasa Practice Michelle Young · 40h
Oct 2021	**Yoga for Chronic Pain**	Yoga Alliance Pro · 4h
Jun 2021	**Reiki Infused Yoga**	My Vinyasa Practice Michelle Young · 3h
Dec 2020	**Mental Health Awareness**	MIND · 9h

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL

Standing	**EXPERIENCED**	6 years and 3,400 hours taught since qualifying	—	—
Foundation training	**VERIFIED**	300-hour · Oct 2021	—	—
Insurance	**CURRENT**	Policy through YogaPros · certificate on file	—	30 Sept 2027
CPD	**136 H**	2 Development qualifications · 4 logged courses	—	—
Membership	**ACTIVE**	Joined October 2020	—	—

HISTORY

Status history.

Jan 2022	CPD completed: Advanced Anatomy
Oct 2021	CPD completed: Yoga for Chronic Pain
Oct 2021	Qualified: 300 hour RYT
Jun 2021	CPD completed: Reiki Infused Yoga
Jan 2021	Completed Advanced Anatomy
Oct 2020	Joined the register

Scan for credentials

The QR code opens Sarah’s credentials on the YogaPros register: https://member.theyogapros.com/teachers/sarah-blake-b2c290?view=credentials

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