Sarah Burgess

Senior Yoga Teacher · Poplar, United Kingdom

Passport 2e9b5d08-6110-11f1-96e3-0cc47a2a8154

Credentials current

Read from the YogaPros register 27 November 2026

QUALIFIED

500-hour Foundation

Verified by YogaPros · 7 more trainings

INSURED

Policy through YogaPros

Certificate on file · until 26 Jul 2027

RECORD

Sarah’s record.

Membership	Active	
Foundation	Verified	2006
Insurance	On file	Until 26 Jul 2027

TRAINING

Qualifications.

QUALIFICATION	TRAINED BY	COMPLETED	HOURS	STATUS
Birthlight Yoga for a Holistic Menopause	Françoise Barbira Freeman	Feb 2025	30h	VERIFIED
Teaching Somatics	Charlotte Watts Health	Jan 2022	50h	ACCREDITED
Yoga Therapy for CFS, Burnout & Long Covid	Fiona Agombar	Jul 2021	40h	VERIFIED
Yoga & Somatics For Healing & Recovery Course: Moving Beyond Stress, Trauma, Burnout, Anxiety, Fatigue and Post-Illness Through Embodied Awareness	Charlotte Watts	Dec 2020	76h	ACCREDITED
Birthlight Certificate in Postnatal Yoga	Kirsteen Ruffell	Jul 2015	30h	VERIFIED
Birthlight Perinatal Yoga Diploma (60 Hours)	Françoise Barbira Freedman	Nov 2013	60h	VERIFIED
Insight Yoga Teacher Training Intensive: Yin and Yang Yoga & Mindfulness	Sarah Powers	Aug 2012	60h	VERIFIED
Aurolab 500 hour Yoga Teacher Training	Sama Fabian	Nov 2006	500h	VERIFIED

CPD · 9 COURSES · 441 HOURS · LOGGED BY SARAH

More training.

Feb 2025	**Yoga for a Holistic Menopause**	Françoise Barbira Freedman · 12h
Mar 2024	**Yoga Therapy for Chronic Fatigue, Burnout & Long Covid**	Fiona Agombar · 2h

Dec 2019	**Yoga Campus: Inquiries into Breathwork, Techniques, Practice and Application**	Laurent Roure · 15h
Jul 2019	**Birthlight Yoga for the Repair and Prevention of Diastasis**	Kirsteen Ruffell · 6h
Jun 2019	**Yoga Campus CPD: Healing the Organic Body**	Tias Little · 6h
Jun 2019	**Yoga Campus CPD: Cultivating Embodied Wisdom**	Tias Little · 6h
Jan 2018	**Total Yoga Nidra Immersion Experience: Comparative And Creative Forms Of Yoga Nidra**	Uma Dinsmore-Tuli · 12h
Sept 2017	**Mindfulness UK Process of Inquiry**	Karen Atkinson · 6h
May 2017	**Yoga Campus training in Yoga, Mindfulness and Compassion/ Antidotes for a Modern Mind - Yoga for Anxiety and Depression**	Lisa Kaley-Isley · 30h

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL
Standing	**SENIOR**	20 years and 9,000 hours taught since qualifying	—	—
Foundation training	**VERIFIED**	500-hour · Nov 2006	—	—
Insurance	**CURRENT**	Policy through YogaPros · certificate on file	—	26 Jul 2027
CPD	**441 H**	7 Development qualifications · 9 logged courses	—	—
Membership	**ACTIVE**	Joined 2015	—	—

HISTORY

Status history.

Feb 2025	Completed Birthlight Yoga for a Holistic Menopause
Feb 2025	CPD completed: Yoga for a Holistic Menopause
Mar 2024	CPD completed: Yoga Therapy for Chronic Fatigue, Burnout & Long Covid
Jan 2022	Completed Teaching Somatics
Jul 2021	Completed Yoga Therapy for CFS, Burnout & Long Covid
2015	Joined the register

Scan for credentials

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

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