Sayon Cheung-Mulligan

Senior Yoga Teacher · Banbridge, United Kingdom

Passport 2e6d43d0-6110-11f1-96e3-0cc47a2a8154

Credentials current — Read from the YogaPros register 27 November 2026

QUALIFIED

300-hour Foundation

Verified by YogaPros · 3 more trainings

RECORD

Sayon’s record.

Membership	Active	
Foundation	Verified	2003

TRAINING

Qualifications.

QUALIFICATION	TRAINED BY	COMPLETED	HOURS	STATUS
Level 2 Food Hygiene and Safety For Catering	High Speed Training	May 2021	12h	VERIFIED
Aerial Yoga Teachers Training	Aerial Steps by Gillan Watt Edinburgh Aerial Yoga	Sept 2018	30h	VERIFIED
Yoga Therapy - The Back, Sacrum and Spine	Suzy Cooper	Jun 2010	120h	VERIFIED
Diploma	Marie Quail and Colleen Thompson	May 2003	300h	VERIFIED

CPD · 6 COURSES · 248 HOURS · LOGGED BY SAYON

More training.

Dec 2024	**Today Wisdom vs Philosophy**	Harmony Slator · 20h
Oct 2017	**Happy Hips**	Pradeep · 3h
Oct 2014	**Yoga Core Blend**	Duncan Wong & Elena Voyce · 10h
Jul 2013	**Scaravelli Yoga**	Diane Long · 30h
Oct 2012	**Open Flow**	Claire Missingham · 3h
Oct 2002	**Pregnancy Yoga**	Birthlight Yoga - M.Symes and E. Orr · 20h

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL
Standing	**SENIOR**	23 years and 10,200 hours taught since qualifying	—	—
Foundation training	**VERIFIED**	300-hour · May 2003	—	—
CPD	**248 H**	3 Development qualifications · 6 logged courses	—	—
Membership	**ACTIVE**	Joined 2018	—	—

HISTORY

Status history.

Dec 2024	CPD completed: Today Wisdom vs Philosophy
May 2021	Completed Level 2 Food Hygiene and Safety For Catering
Sept 2018	Completed Aerial Yoga Teachers Training
2018	Joined the register
Oct 2017	CPD completed: Happy Hips
Oct 2014	CPD completed: Yoga Core Blend

Scan for credentials

The QR code opens Sayon’s credentials on the YogaPros register: https://member.theyogapros.com/teachers/sayon-cheung-mulligan?view=credentials

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