Sharon McAllister

Yoga Teacher · Colchester, United Kingdom

Passport 2cb5d9e6-6110-11f1-96e3-0cc47a2a8154

Credentials current

Read from the YogaPros register 27 November 2026

QUALIFIED
250-hour Foundation
YogaPros-accredited course · 5 more trainings

INSURED
Policy through YogaPros
Certificate on file · until 19 Apr 2027

FIRST AID
Certificate on file
Until 17 Jul 2028

RECORD

Sharon’s record.

Membership	Active	
Foundation	Accredited	2022
Insurance	On file	Until 19 Apr 2027
First aid	On file	Until 17 Jul 2028

TRAINING

Qualifications.

QUALIFICATION	TRAINED BY	COMPLETED	HOURS	STATUS
Science of stretching certified coach	Lucas Rockwood	Dec 2023	30h	VERIFIED
Yin yoga	Melanie cooper Jennie Wadsten	Apr 2023	50h	VERIFIED
Diploma in Anatomy & Physiology	Lynne Akers	Mar 2023	30h	VERIFIED
Yoga Nidra	Melanie cooper Jennie Wadsten	Sept 2022	30h	VERIFIED
Restorative yoga teacher training course	Diane lee	Sept 2022	40h	ACCREDITED
Stretch Foundation Teacher Training	Stretch London LTD	Apr 2022	250h	ACCREDITED

CPD · 23 COURSES · 385 HOURS · LOGGED BY SHARON

More training.

Sept 2026	**Level 2 Food Hygiene and Safety for Catering**	High Speed Training · 3h
Aug 2026	**Yoga Class Theming**	Jennie Wadsten (The Shala School of Yoga) · 7h
Aug 2026	**How the Mind Heals the Body:**	Dr. David Hamilton PhD / William McLean · 2h
Jul 2026	**Sylvotherapy Practitioner**	Naturalistico.com · 50h
Nov 2025	**The Neuroscience of Music**	William McLean at Seed Talks · 2h

Nov 2025	**The Neuroscience of Music**	Prof. Lauren Stewart / William McLean · 2h
Oct 2025	**Metabolism, Food and Mental Health**	Prof Camilla Nord / William McLean · 2h
Jul 2025	**Level 3 Emergency First Aid at Work**	Safehaven Training Limited · 6h
Jun 2025	**Yoga, neuroscience & Healthy Aging**	Melanie cooper Jennie Wadsten · 4h
Jun 2025	**The Gut-Brain Connection: Nourish Your Mind, Body and Microbiome**	Dr Emily Prpa / William McLean · 2h
Jun 2025	**The gut-brain connection:nourish your mind body & microbiome**	William McLean / Dr Emily Prpa · 2h
May 2025	**Cacao Ceremony Facilitator**	Rebecca Lovatt · 12h
Jun 2024	**Certified Breath Coach**	Lucas Rockwood at Yogabody · 15h
May 2024	**Yoga assists and brain science**	Melanie cooper Jennie Wadsten · 6h
Dec 2023	**Level 2 yoga nidra**	Melanie cooper Jennie Wadsten · 15h
Sept 2023	**Menopause course**	Diane Lee · 10h
Aug 2023	**Energy Therapy**	Ian Bentley · 6h
Jun 2023	**Okuden (Reiki Second Degree)**	Zoe smith · 6h
Jun 2023	**Yoga & habits**	Melanie cooper Jennie Wadsten · 4h
Mar 2023	**Essential oils for yoga teachers**	Heather Deaville · 12h
Nov 2022	**Sound Therapy Practioner**	Ian Bentley · 20h
Nov 2022	**Yoga Nidra script writing course**	Melanie cooper Jennie Wadsten · 7h
Oct 2022	**Further Studies in Yoga Nidra**	Melanie cooper Jennie Wadsten · 10h

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL
Standing	YOGA TEACHER	4 years and 600 hours taught since qualifying	—	—
Foundation training	ACCREDITED	250-hour · Stretch London LTD · Apr 2022	—	—
Insurance	CURRENT	Policy through YogaPros · certificate on file	—	19 Apr 2027
First aid	CURRENT	Certificate on file	—	17 Jul 2028
CPD	385 H	5 Development qualifications · 23 logged courses	—	—
Membership	ACTIVE	Joined April 2022	—	—

HISTORY

Status history.

Sept 2026	CPD completed: Level 2 Food Hygiene and Safety for Catering
Aug 2026	2 CPD courses completed

Jul 2026	CPD completed: Sylvotherapy Practitioner
Nov 2025	2 CPD courses completed
Oct 2025	CPD completed: Metabolism, Food and Mental Health
Apr 2022	Joined the register

Scan for credentials

The QR code opens Sharon’s credentials on the YogaPros register:
https://member.theyogapros.com/teachers/sharon-mcallister?view=credentials

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