Simona Massidda

Experienced Yoga Teacher · Sunningdale, United Kingdom

Passport 2c0fc653-6110-11f1-96e3-0cc47a2a8154

Credentials current

Read from the YogaPros register 27 November 2026

QUALIFIED

200-hour Foundation

YogaPros-accredited course · 7 more trainings

INSURED

Policy through YogaPros

Certificate on file · until 10 Feb 2027

RECORD

Simona’s record.

Membership	Active	
Foundation	Accredited	2019
Insurance	On file	Until 10 Feb 2027

TRAINING

Qualifications.

QUALIFICATION	TRAINED BY	COMPLETED	HOURS	STATUS
Anatomy applied to Asana	Julia Pearring	Feb 2026	28h	VERIFIED
Body Reveals (Somatic Practice and Applied Philosophy)	Julia Pearring	Dec 2025	36h	VERIFIED
Sequencing	Bridget Woods Kramer	Oct 2025	15h	ACCREDITED
LIVE THE LIGHT OF YOGA 3 0 0 - H O U R A D VA N C E D T E A C H E R T R A I N I N G	Christina Sell	Dec 2024	300h	VERIFIED
Rasa Yoga 200 hour TT	JC Yogi Trainer	Feb 2022	200h	VERIFIED
RHY 200hr Anusara Teacher Training	Red Hot Yoga	Mar 2020	200h	ACCREDITED
200hr Teacher Training	Red Hot Yoga	Mar 2019	200h	ACCREDITED
Level 2, 95-Hour Online Rainbow Kids Yoga Teacher Training	Rainbow Yoga	Aug 2014	100h	ACCREDITED

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL
Standing	EXPERIENCED	7 years and 2,900 hours taught since qualifying	—	—
Foundation training	ACCREDITED	200-hour · Mar 2020	—	—
Insurance	RENEWS SOON	Policy through YogaPros · certificate on file	—	10 Feb 2027

CPD	**679 H**	6 Development qualifications	—	—
Membership	**ACTIVE**	Joined February 2021	—	—

HISTORY

Status history.

Feb 2026	Completed Anatomy applied to Asana
Dec 2025	Completed Body Reveals (Somatic Practice and Applied Philosophy)
Oct 2025	Completed Sequencing
Dec 2024	Completed LIVE THE LIGHT OF YOGA 3 0 0 - H O U R A D VA N C E D T E A C H E R T R A I N I N G
Feb 2022	Completed Rasa Yoga 200 hour TT
Feb 2021	Joined the register

Scan for credentials

The QR code opens Simona’s credentials on the YogaPros register:
https://member.theyogapros.com/teachers/simona-massidda?view=credentials

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