Sonia Perez Baeza

Experienced Yoga Teacher · Hook, United Kingdom

Passport 2ccb2fbd-6110-11f1-96e3-0cc47a2a8154

Credentials current

Read from the YogaPros register 26 November 2026

QUALIFIED
200-hour Foundation
YogaPros-accredited course · 9 more trainings

INSURED
Private policy
Certificate on file · until 23 Apr 2027

FIRST AID
Certificate on file
Until 03 Sept 2027

RECORD

Sonia’s record.

Membership	Active	
Foundation	Accredited	2021
Insurance	On file	Until 23 Apr 2027
First aid	On file	Until 03 Sept 2027

TRAINING

Qualifications.

QUALIFICATION	TRAINED BY	COMPLETED	HOURS	STATUS
Foundation in Yoga Therapy	Nikki Jackson	Jul 2025	50h	ACCREDITED
Yoga Nidra	Melanie Cooper	Sept 2024	30h	ACCREDITED
200 Hour Vinyasa Yoga Teacher Training in Spain	Frog Lotus Yoga International	Aug 2024	200h	ACCREDITED
40hour Ayurveda	LKY Yoga Teacher Training	Oct 2023	40h	ACCREDITED
Pregnancy Yoga	LKY Yoga Teacher Training	Oct 2023	40h	ACCREDITED
meditation Mastery	DRU Yoga: Andrew Wells	Jul 2023	500h	ACCREDITED
40hour Yoga and Mental Health	LKY Yoga Teacher Training	May 2023	40h	ACCREDITED
100hours Advancement Course	LKY Yoga Teacher Training	Nov 2022	100h	ACCREDITED
Yin Yoga	LKY Yoga Teacher Training	Nov 2022	40h	ACCREDITED
40hour Mythology and Moonology	LKY Yoga Teacher Training	May 2022	40h	ACCREDITED

CPD · 4 COURSES · 510 HOURS · LOGGED BY SONIA

More training.

May 2021	**Advanced Teacher Training Breathing School**	Ben Wolff · 30h
May 2020	**Mindfulness in Schools project .b Mindfulness Curriculum**	Richard Burnett · 40h

Jul 2016	**Teen Yoga Teacher Training**	Veronika Kloucek · 30h
Apr 2015	**Face Yoga**	Danielle Collins · 30h

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL
Standing	**EXPERIENCED**	5 years and 2,500 hours taught since qualifying	—	—
Foundation training	**ACCREDITED**	200-hour · Aug 2024	—	—
Insurance	**CURRENT**	Private policy · certificate on file	—	23 Apr 2027
First aid	**CURRENT**	Certificate on file	—	03 Sept 2027
CPD	**510 H**	8 Development qualifications · 4 logged courses	—	—
Membership	**ACTIVE**	Joined August 2021	—	—

HISTORY

Status history.

Jul 2025	Completed Foundation in Yoga Therapy
Sept 2024	Completed Yoga Nidra
Aug 2024	Qualified: 200 Hour Vinyasa Yoga Teacher Training in Spain
Oct 2023	Completed 40hour Ayurveda
Oct 2023	Completed Pregnancy Yoga
Aug 2021	Joined the register

Scan for credentials

The QR code opens Sonia’s credentials on the YogaPros register: https://member.theyogapros.com/teachers/sonia-perez-baeza?view=credentials

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