Sophia Mannherz

Experienced Yoga Teacher · Trondheim, Trøndelag, Norway

Passport 2eb61336-6110-11f1-96e3-0cc47a2a8154

Credentials current

Read from the YogaPros register 27 November 2026

QUALIFIED

200-hour Foundation

YogaPros-accredited course · 2 more trainings

RECORD

Sophia's record.

Membership	Active	
Foundation	Accredited	2017

TRAINING

Qualifications.

QUALIFICATION	TRAINED BY	COMPLETED	HOURS	STATUS
Yoga Pros Verified Foundation Course	Yoga Pros	Oct 2025	200h	ACCREDITED
	Yoga Pros	Oct 2025		ACCREDITED
		May 2019		ACCREDITED

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL
Standing	EXPERIENCED	9 years and 2,000 hours taught since qualifying	—	—
Foundation training	ACCREDITED	200-hour · Yoga Pros · Oct 2025	—	—
CPD	1 COURSE	1 Development qualification	—	—
Membership	ACTIVE	Joined 2018	—	—

HISTORY

Status history.

Oct 2025	Qualified: Yoga Pros Verified Foundation Course
Oct 2025	Qualified:
May 2019	Completed
2018	Joined the register



Scan for credentials

The QR code opens Sophia’s credentials on the YogaPros register:
https://member.theyogapros.com/teachers/sophia-mannherz?view=credentials

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