Sophie Frank

Senior Yoga Teacher · Knaresborough, United Kingdom

Passport 2d817143-6110-11f1-96e3-0cc47a2a8154

Credentials current

Read from the YogaPros register 27 November 2026

QUALIFIED

200-hour Foundation

YogaPros-accredited course · 3 more trainings

INSURED

Policy through YogaPros

Certificate on file · until 06 Apr 2027

RECORD

Sophie’s record.

Membership	Active	
Foundation	Accredited	2016
Insurance	On file	Until 06 Apr 2027

TRAINING

Qualifications.

QUALIFICATION	TRAINED BY	COMPLETED	HOURS	STATUS
Yoga Pros Verified Foundation Course	Yoga Pros	Oct 2025	200h	ACCREDITED
FIERCE GRACE 250 HOUR TEACHER TRAINING CERTIFICATION - LONDON & TUSCANY	Fierce Grace Teacher Training	Oct 2025		ACCREDITED
85Hr In-Person Pregnancy Yoga Teacher Training with Sally Parkes-London	Sally Parkes Yoga	Jul 2022	85h	ACCREDITED
Sports Yoga	Sarah Ramsden	Sept 2017	140h	VERIFIED

CPD · 1 COURSE · 250 HOURS · LOGGED BY SOPHIE

More training.

Feb 2017	**Masterclass series with Eyal Chehanowski**	Eyal Chehanowski · 25h

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL
Standing	SENIOR	10 years and 9,000 hours taught since qualifying	—	—
Foundation training	ACCREDITED	200-hour · Yoga Pros · Oct 2025	—	—
Insurance	CURRENT	Policy through YogaPros · certificate on file	—	06 Apr 2027

CPD	**250 H**	2 Development qualifications · 1 logged course	—	—
Membership	**ACTIVE**	Joined 2016	—	—

HISTORY

Status history.

Oct 2025	Qualified: Yoga Pros Verified Foundation Course
Oct 2025	Qualified: FIERCE GRACE 250 HOUR TEACHER TRAINING CERTIFICATION - LONDON & TUSCANY
Jul 2022	Completed 85Hr In-Person Pregnancy Yoga Teacher Training with Sally Parkes-London
Sept 2017	Completed Sports Yoga
Feb 2017	CPD completed: Masterclass series with Eyal Chehanowski
2016	Joined the register

Scan for credentials

The QR code opens Sophie’s credentials on the YogaPros register: https://member.theyogapros.com/teachers/sophie-frank?view=credentials

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