Sytske Kamstra

Yoga Teacher · London, United Kingdom

Passport 2d471ec6-6110-11f1-96e3-0cc47a2a8154

Credentials current

Read from the YogaPros register 27 November 2026

QUALIFIED

600-hour Foundation

Verified by YogaPros · 3 more trainings

INSURED

Policy through YogaPros

Certificate on file · until 31 Jul 2027

RECORD

Sytske’s record.

Membership	Active	
Foundation	Verified	2016
Insurance	On file	Until 31 Jul 2027

TRAINING

Qualifications.

QUALIFICATION	TRAINED BY	COMPLETED	HOURS	STATUS
Yoga Therapy Diploma	Penny Roberts	2024	600h	VERIFIED
Children Yoga	Bryony Duckitt	Mar 2019	32h	VERIFIED
Anahata Yoga	Peter Clifford	Jul 2017	300h	VERIFIED
Anahata Yoga	Peter Clifford	Aug 2016	200h	VERIFIED

CPD · 2 COURSES · 86 HOURS · LOGGED BY SYTSKE

More training.

Dec 2025	**Yoga4 Health Training**	Heather Mason · 38h
Jul 2023	**Mental Health First Aid**	Hannah Brinley · 16h

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL
Standing	YOGA TEACHER	10 years and 999 hours taught since qualifying	—	—
Foundation training	VERIFIED	600-hour · 2024	—	—
Insurance	CURRENT	Policy through YogaPros · certificate on file	—	31 Jul 2027
CPD	86 H	1 Development qualification · 2 logged courses	—	—

Membership	**ACTIVE**	Joined 2017	—	—

HISTORY

Status history.

Dec 2025	CPD completed: Yoga4 Health Training
2024	Qualified: Yoga Therapy Diploma
Jul 2023	CPD completed: Mental Health First Aid
Mar 2019	Completed Children Yoga
Jul 2017	Qualified: Anahata Yoga
2017	Joined the register

Scan for credentials

The QR code opens Sytske’s credentials on the YogaPros register: https://member.theyogapros.com/teachers/sytske-kamstra?view=credentials

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