Talula Sheppard

Experienced Yoga Teacher · Edinburgh, United Kingdom

Passport 2eba364d-6110-11f1-96e3-0cc47a2a8154

Credentials current

Read from the YogaPros register 27 November 2026

QUALIFIED

200-hour Foundation

Verified by YogaPros · 7 more trainings

INSURED

Policy through YogaPros

Certificate on file · until 25 Feb 2027

RECORD

Talula’s record.

Membership	Active	
Foundation	Verified	2017
Insurance	On file	Until 25 Feb 2027

TRAINING

Qualifications.

QUALIFICATION	TRAINED BY	COMPLETED	HOURS	STATUS
Yoga Pros Verified Foundation Course	Yoga Pros	Oct 2025	200h	VERIFIED
Yoga Therapy for Adolescent Mental Health	Michelle Fury	Oct 2022	40h	VERIFIED
Yoga Nidra	Melanie Cooper. Jenny Wadston	May 2021	30h	ACCREDITED
Sequencing & Theming	Melanie Cooper Jenny Wadeson	Mar 2021	50h	VERIFIED
Yoga4Health	Paul Fox Yoga in Healthcare Alliance	Jun 2020	35h	VERIFIED
Yin Yoga & Mindfulness	Sarah Lo	Apr 2020	40h	ACCREDITED
The Therapeutic Wisdom of Yoga	Doug Keller	Oct 2019	35h	VERIFIED
Yoga for Teens	Charlotta Martinus	Jun 2017	60h	ACCREDITED

CPD · 2 COURSES · 327 HOURS · LOGGED BY TALULA

More training.

Jul 2021	**Pranayama**	Meanie Cooper · 25h
Jan 2019	**Fundamentals of Yoga Outreach**	Edinburgh Community Yoga · 12h

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL
Standing	**EXPERIENCED**	9 years and 2,300 hours taught since qualifying	—	—
Foundation training	**VERIFIED**	200-hour · Yoga Pros · Oct 2025	—	—
Insurance	**RENEWS SOON**	Policy through YogaPros · certificate on file	—	25 Feb 2027
CPD	**327 H**	7 Development qualifications · 2 logged courses	—	—
Membership	**ACTIVE**	Joined over 7 years ago	—	—

HISTORY

Status history.

Oct 2025	Qualified: Yoga Pros Verified Foundation Course
Oct 2022	Completed Yoga Therapy for Adolescent Mental Health
Jul 2021	CPD completed: Pranayama
May 2021	Completed Yoga Nidra
Mar 2021	Completed Sequencing & Theming
7+ years ago	Joined the register

Scan for credentials

The QR code opens Talula’s credentials on the YogaPros register: https://member.theyogapros.com/teachers/talula-sheppard?view=credentials

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