Tara Klein

Senior Yoga Teacher · Edinburgh, United Kingdom

Passport 2e92fcf3-6110-11f1-96e3-0cc47a2a8154

Credentials current

Read from the YogaPros register 27 November 2026

QUALIFIED

200-hour Foundation

Verified by YogaPros · 5 more trainings

INSURED

Policy through YogaPros

Certificate on file · until 01 Feb 2027

RECORD

Tara’s record.

Membership	Active	
Foundation	Verified	2016
Insurance	On file	Until 01 Feb 2027

TRAINING

Qualifications.

QUALIFICATION	TRAINED BY	COMPLETED	HOURS	STATUS
Yoga Medicine's 500-hour Yoga Teacher Training program	Tiffany Cruikshank	Dec 2023	500h	VERIFIED
Yoga Medicine Shoulder Intensive Online Yoga Teacher Training	Tiffany Cruikshank	Nov 2023	55h	VERIFIED
Yoga Medicine Hip: Anatomy, Dysfunction, & Application Online Training	Tiffany Cruikshank	Jan 2023	55h	VERIFIED
Yoga Medicine® Spine: Anatomy, Dysfunction, & Application	Tiffany Cruikshank	Jun 2022	55h	VERIFIED
Yoga Medicine® Myofascial Release Online Teacher Training	Tiffany Cruikshank	Mar 2022	55h	VERIFIED
Green Lotus Yoga	Carol Murphy	Aug 2016	200h	VERIFIED

CPD · 10 COURSES · 816 HOURS · LOGGED BY TARA

More training.

Dec 2024	**Pain Science for Yoga Teachers - Yoga Medicine**	Tiffany Cruikshank · 3h
Dec 2024	**Yoga for Hypermobility - Yoga Medicine**	Tiffany Cruikshank · 4h
Dec 2024	**Prenatal Therapeutics - Yoga Medicine**	Tiffany Cruikshank · 2h
Nov 2024	**1 hour of Prenatal Myofascial Release - Yoga Medicine**	Tiffany Cruikshank · 1h
Oct 2023	**Yoga Medicine Sequencing with Purpose**	Tiffany Cruikshank · 20h

Jan 2023	**Yoga Medicine Yoga for Athletes Online Teacher Training**	Tiffany Cruikshank · 25h
Nov 2021	**Yoga Medicine® Women's Health Online Yoga Teacher Training**	Tiffany Cruikshank · 25h
Aug 2021	**Recognizing Red Flags in a Therapeutic Yoga Setting - Yoga Medicine**	Tiffany Cruikshank · 1h
Aug 2021	**Conducting a Comprehensive Evaluation in a Therapeutic Setting - Yoga Medicine**	Tiffany Cruikshank · 1h
Aug 2017	**Observatione and adjustmente workshop for YogaTeachere**	Joanne Lockhart, · 14h

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL
Standing	SENIOR	10 years and 3,629 hours taught since qualifying	—	—
Foundation training	VERIFIED	200-hour · Aug 2016	—	—
Insurance	RENEWS SOON	Policy through YogaPros · certificate on file	—	01 Feb 2027
CPD	816 H	5 Development qualifications · 10 logged courses	—	—
Membership	ACTIVE	Joined 2016	—	—

HISTORY

Status history.

Dec 2024	3 CPD courses completed
Nov 2024	CPD completed: 1 hour of Prenatal Myofascial Release - Yoga Medicine
Dec 2023	Completed Yoga Medicine's 500-hour Yoga Teacher Training program
Nov 2023	Completed Yoga Medicine Shoulder Intensive Online Yoga Teacher Training
Oct 2023	CPD completed: Yoga Medicine Sequencing with Purpose
2016	Joined the register

Scan for credentials

The QR code opens Tara’s credentials on the YogaPros register:
https://member.theyogapros.com/teachers/tara-klein?view=credentials

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