Terrie Louise Foster

Senior Yoga Teacher · Cannock, United Kingdom

Passport 2e4fba2b-6110-11f1-96e3-0cc47a2a8154

Credentials current

Read from the YogaPros register 27 November 2026

QUALIFIED

200-hour Foundation

YogaPros-accredited course · 9 more trainings

INSURED

Policy through YogaPros

Certificate on file · until 01 Jan 2027

RECORD

Terrie Louise's record.

Membership	Active	
Foundation	Accredited	2014
Insurance	On file	Until 01 Jan 2027

TRAINING

Qualifications.

QUALIFICATION	TRAINED BY	COMPLETED	HOURS	STATUS
Yoga Pros Verified Foundation Course	Yoga Pros	Oct 2025	200h	ACCREDITED
Techniques, Practice, Teaching Methodology, Anatomy & Physiology as well as Philosophy, Lifestyle and Ethics in the disciplines of Rocket Yoga	JAMIE CLARKE and DULCE AGUILAR	Mar 2025	100h	VERIFIED
50hr Mandala Vinyasa	Katarina Rayburn	Nov 2024	50h	VERIFIED
Jivamukti Yoga 300-hour Teacher Training Program	Ruth Lauer-Manenti, Sharon Gannon and Yageswari.	Feb 2019	300h	VERIFIED
Prenatal & Postnatal Yoga and Exercise	Greg Small	Jan 2019	90h	VERIFIED
Level 3 Diploma in Teaching Mat Pilates	Greg Small	Mar 2017	150h	VERIFIED
Teaching Yoga and Mindfulness to Children	Jyoti Jo Manuel and Ayala Homossany	Jan 2017	72h	ACCREDITED
Mindfulness Diploma	Pamela Robinson	Dec 2016	100h	VERIFIED
Yoga Teacher Training Course in Ashtanga-Vinyasa Flow Yoga	Deepak Sharma	Oct 2016	200h	VERIFIED
Level 3 Diploma in Teaching Yoga (QCF) - YMCA Fitness Industry Training	Rosi Prescott	Jan 2013	250h	VERIFIED

CPD · 3 COURSES · 857 HOURS · LOGGED BY TERRIE LOUISE

More training.

Jan 2026	**CORE STRENGTH VINYASA YOGA / YOGA SHRED**	Sadie Nardini · 15h
Jan 2026	**Enchanted Wonders - Enhancing Child's Expression**	Ayala Homossaly · 10h
Mar 2018	**LEVEL 3 FITNESS DIPLOMA (PERSONAL TRAINER / FITNESS INSTRUCTOR)**	D. Morgan · 20h

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL
Standing	SENIOR	12 years and 9,360 hours taught since qualifying	—	—
Foundation training	ACCREDITED	200-hour · Yoga Pros · Oct 2025	—	—
Insurance	RENEWS SOON	Policy through YogaPros · certificate on file	—	01 Jan 2027
CPD	857 H	7 Development qualifications · 3 logged courses	—	—
Membership	ACTIVE	Joined January 2024	—	—

HISTORY

Status history.

Jan 2026	2 CPD courses completed
Oct 2025	Qualified: Yoga Pros Verified Foundation Course
Mar 2025	Completed Techniques, Practice, Teaching Methodology, Anatomy & Physiology as well as Philosophy, Lifestyle and Ethics in the disciplines of Rocket Yoga
Nov 2024	Completed 50hr Mandala Vinyasa
Jan 2024	Joined the register
Feb 2019	Qualified: Jivamukti Yoga 300-hour Teacher Training Program

Scan for credentials

The QR code opens Terrie Louise’s credentials on the YogaPros register: https://member.theyogapros.com/teachers/terrie-louise-foster?view=credentials

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