100-Hour Professional Teaching Credits

Continuing Education for Certified Yoga Teachers | January - April 2026

Location: Nilaya House
Instructor: Dr. Kamal Edrees, E-RYT 500

Elevate Your Teaching with Professional Viniyoga Methodology

100-Hour Continuing Education Program

Program Overview

- **Duration:** Jan 31 - Apr 25, 2026 (12 Saturdays)
- **Start Date:** Week 5 (Joining 200-hr cohort)
- **Schedule:** 11:00 AM - 7:00 PM (45-min Lunch)
- **Location:** Nilaya House (Weekend Immersive)
- **Credits:** 100 Yoga Alliance CE Hours
- **Note:** No class March 21 (Eid Holiday)

Four Professional Modules

1. Postural Clinic Intensive
(Āsana Planes)

2. Progressive Prāṇāyāma
Progressive Prāṇāyāma
(Breath Ratios)

3. The Art of Sequencing
(Viniyoga Methodology)

4. Āsana Kinesiology
(Science of Movement)

Plus: Chakra System Integration & Teaching Mastery

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Continuing Education for Certified Yoga Teachers

Dr. Kamal Edrees, E-RYT 500

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The Four Core Modules

Comprehensive Professional Training in Viniyoga Methodology

1

Postural Clinic Intensive (Weeks 5-8)

Focus: 5 Movement Planes (Axial, Flexion, Extension, Lateral, Rotation)

Key: Structural Pattern Analysis & Modifications

2

Progressive Prāṇāyāma (Weeks 6-8)

Focus: Langhana, Bṛṃhaṇa, & Samāna Ratios

Key: Nervous System Regulation & Therapeutics

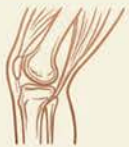
3

The Art of Sequencing (Weeks 9-10)

Focus: Viniyoga Logic (Prep, Main, Counterpose)

Key: Practice Design for Real Bodies

4



Āsana Kinesiology (Weeks 11-12)

Focus: Biomechanics & Joint Actions

Key: Injury Prevention & Alignment Logic

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Week 5: Your Journey Begins

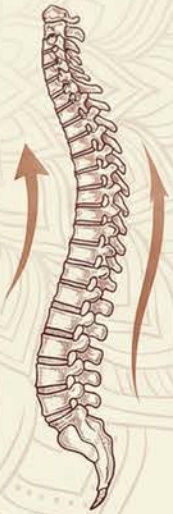
Postural Clinic Intensive – Axial Extension & Flexion

Session 5 (January 31)

The Agenda

- **11:00 AM:** Morning Practice - Axial Extension Focus (Join 200-hour students)
- **12:30 PM:** Lunch Break (45 Mins)
- **1:15 PM:** Postural Clinic - Axial Extension Principles
- **3:15 PM:** Postural Clinic - Spinal Flexion (Forward Bending)
- **5:15 PM:** Structural Pattern Analysis & Modification Strategies

Focus & Integration



Focus Areas: Understanding axial extension for spinal for spinal space and analyzing forward bending patterns. Using 'Magic Three' and static observation protocols.

Integration: Mentoring 200-hour students while deepening professional concepts.

Weeks 6-8: Postural Clinic Continues

Mastering Extension, Lateral Flexion, Rotation & Inversions

Week 6 (Feb 7) – Extension

11:00 AM: Morning Practice - Extension Focus

12:30 PM: Lunch Break (45 mins)

1:15 PM: Postural Clinic: Spinal Extension (Backbending)

3:15 PM: Progressive Pranayama: Bṛṃhaṇa Ratios & Bandhas

5:15 PM: Teaching Methodology: Sequencing for Extension

Week 7 (Feb 14) – Lateral & Rotation

11:00 AM: Morning Practice - Lateral & Rotation

12:30 PM: Lunch Break (45 mins)

1:15 PM: Clinic: Lateral Flexion & Side Bending

3:15 PM: Clinic: Rotation & Twisting Postures

5:15 PM: Progressive Pranayama: Samāna Ratios

Week 8 (Feb 21) – Inversions

11:00 AM: Morning Practice - Inversions Prep

12:30 PM: Lunch Break (45 mins)

1:15 PM: Clinic: Foundational Inversions

3:15 PM: Pranayama for Inversions & Safety

5:15 PM: Case Study Discussion & Safety Protocols

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Weeks 9–10: The Art of Sequencing & Chakra Theory

Viniyoga Methodology Meets Energy Anatomy

Week 9 (Feb 28) - Sequencing Foundations

11:00 AM	Morning Sequenced Practice: Observing Logic
12:30 PM	Lunch Break (45 Mins)
1:15 PM	Viniyoga Framework: Prep, Main, Counterpose
3:15 PM	Sequencing for Lower Back Health
5:15 PM	Pranayama Sequencing Principles

Week 10 (Mar 7) - Chakra Theory Begins

11:00 AM	Morning Practice: Chakra-Focused Sequence
12:30 PM	Lunch Break (45 Mins)
1:15 PM	Intro to Chakra System: The 7 Energy Centers
3:15 PM	Root, Sacral & Solar Plexus Chakras
5:15 PM	Sequencing for Anxiety, Stress & Energy

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Weeks 11–12: Āsana Kinesiology & Chakra Integration

Biomechanics Meets Energy Anatomy

Week 11 - Session 11 (March 14)

11:00 AM	Morning Practice - Kinesiological Awareness
12:30 PM	Lunch Break (45 Mins)
1:15 PM	Joint Actions & Muscular Roles in Āsana
3:15 PM	Heart, Throat & Third Eye Chakras
5:15 PM	Movement Chains & Fascial Connections

No class March 21 (Eid Break)

Week 12 - Session 12 (March 28)

11:00 AM	Morning Practice - Structural Analysis
12:30 PM	Lunch Break (45 Mins)
	Crown Chakra & Chakra Meditation
3:15 PM	Case-Based Observation & Analysis
5:15 PM	Injury Prevention & Alignment Logic

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Weeks 13-14: Teaching Mastery & Integration

Refining Your Teaching Voice and Professional Practice

Week 13 (April 4)

- **11:00 AM: Morning Practice:** Professional Teaching Demo
- **12:30 PM:** Lunch Break (45 Mins)
- **1:15 PM:** Professional Practicum: Specific Populations
- **3:15 PM:** Feedback & Refinement Workshop
- **5:15 PM:** Philosophy Integration: Teaching Sutras

Week 14 (April 11)

- **11:00 AM: Morning Practice:** Personal Style Refinement
- **12:30 PM:** Lunch Break (45 Mins)
- **1:15 PM:** Professional Practicum: One-to-One Sessions
- **3:15 PM:** Individual Adaptations & Case Studies
- **5:15 PM:** Business of Yoga: Professional Marketing

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Week 15: Comprehensive Assessment

Demonstrating Professional Competence

Session 15 (April 18)

The Agenda

- 11:00 AM - 1:00 PM: Professional Teaching Practicum - Class Demonstration
- 1:00 PM - 2:00 PM: Lunch Break & Peer Feedback Circle
- 2:00 PM - 4:00 PM: Written Assessment (Anatomy, Kinesiology, Chakras)
- 4:00 PM - 6:00 PM: Case Study Presentations (Practical Scenarios)
- 6:00 PM - 7:00 PM: Individual Feedback Sessions with Dr. Kamal

Assessment Components

Professional Teaching Demo: Integration of postural analysis & breath ratios.

Written Exam: Kinesiology & chakra system knowledge.

Case Study: Practical sequencing scenarios.

Professional Presentation: Articulation of Viniyoga methodology.

Week 16: Graduation & E-RYT Pathway

Celebrating Professional Mastery & Continuing Your Journey

Session 16 (April 25)

The Celebration Agenda

11:00 AM: Final Group Practice - Celebrating Together

12:00 PM: Closing Ceremony & Reflections

1:00 PM: Graduation Lunch & Community Celebration

2:00 PM: Certificate Presentation & Photography

4:00 PM: Continuing Education Pathways & E-RYT Requirements

6:00 PM: Closing Circle - Professional Commitments

Your 100-Hour Certificate

Upon successful completion, you receive:

- **100-Hour CE Certificate:** Yoga Alliance Approved
- **E-RYT Advancement:** Counts toward E-RYT 200/500 requirements
- **Viniyoga Specialization:** Professional Viniyoga Methodology
- **Lifetime Access:** Resources & Community Membership

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E-RYT
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100 Hours of Professional Viniyoga Training

Complete Curriculum Breakdown

Module 1: Postural Clinic Intensive

- 5 Movement Planes (Axial, Flexion, Extension, Lateral, Rotation)
- Structural Pattern Analysis & 'Magic Three' Observation
- Individual Modifications

Module 2: Progressive Prāṇāyāma

- Langhana, Bṛṁhaṇa, & Samāna Ratios
- Nervous System Regulation
- Breath Prescription

Module 3: The Art of Sequencing

- Viniyoga Logic: Prep, Main, Counterpose
- Practice Design (Back Health, Anxiety, Fatigue)
- Energetically Intelligent Practice

Module 4: Āsana Kinesiology

- Biomechanics & Joint Actions
- Movement Chains & Fascia
- Injury Prevention & Alignment

Module 5: Chakra System Integration

- 7 Main Chakras: Physical & Energetic Correlations
- Bija Mantras & Sound Healing
- Energetic Applications

Module 6: Teaching Mastery

- Professional Teaching Applications
- One-to-One Session Design
- Business of Yoga & Professional Dev

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Advance Your Teaching Career Today

Secure Your Spot in the 100-Hour Professional Training

Program Investment

100-Hour Professional Training:
AED 5,250 (Regular) | **AED 3,950 (Early Bird - Dec 15)**

- **Deposit:** AED 2,500 to secure your spot
- **Payment Plans:** Available through Tabby (4 installments)
- **Includes:** 100 CE Hours, Manual, Lunch, Certificate

Prerequisites

Certification: Current RYT 200 or RYT 500
Experience: Minimum 6 months teaching recommended
Commitment: Attendance at all 12 sessions

Contact & Instructor

Instructor: Dr. Kamal Edrees, E-RYT 500 & Viniyoga Specialist

Action: Book a discovery call with Dr. Kamal Edrees

Website: nilayahouse.com

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