200-Hour Yoga Teacher Training

Daily Training Agenda | January - April 2026

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

Program Overview

A Comprehensive Path to Becoming a Confident Yoga Teacher

Key Details

- **Duration:** January 3 - April 25, 2026 (16 Saturdays)
- **Schedule:** 11:00 AM - 7:00 PM
- **Lunch Break:** 12:30 PM - 1:15 PM (45 Minutes)
- **Location:** Nilaya House (Weekend Immersive)
- **Certification:** Yoga Alliance USA RYT 200
- **Note:** No class March 21 (Eid Holiday)

Learning Paths

200-Hour Track: Complete foundational training (All 16 weeks).

100-Hour Professional Track: Continuing education for certified teachers (Joins at Week 5).

Daily Schedule Snapshot

- **11:00 - 12:30:** Morning Practice
- **12:30 - 1:15:** Lunch Break
- **1:15 - 7:00:** Afternoon Sessions

Weeks 1-4: Building Your Foundation

Establishing Core Knowledge for Aspiring Teachers

Week 1 (Jan 3)

11:00 AM: Opening & Philosophy

12:30 PM: Lunch Break (45 min)

1:15 PM: What is Yoga? History

3:15 PM: Client Learning Styles (Visual, Auditory, Kinesthetic)

5:15 PM: Anatomy: Body Systems

Week 2 (Jan 10)

11:00 AM: Morning Practice

12:30 PM: Lunch Break

1:15 PM: Pranayama Fundamentals

3:15 PM: Action Language & Clear Cueing

5:15 PM: Anatomy: Skeletal/Muscular

Week 3 (Jan 17)

11:00 AM: Morning Practice

12:30 PM: Lunch Break

1:15 PM: Class Intention & Themes

3:15 PM: Teaching First 20 Mins

5:15 PM: Kinesiology Part 1

Week 4 (Jan 24)

11:00 AM: Practice & Prep

12:30 PM: Lunch Break

1:15 PM: Teaching Practicum

3:15 PM: Kinesiology Part 2

5:15 PM: Patanjali's Yoga Sutras

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Week 5: Integrated Learning Begins & Postural Clinic

Welcoming Certified Teachers & Deepening Postural Understanding

Session 5: January 31

100-Hour Professional Track Students Join

11:00 AM - 12:30 PM	Morning Practice - Axial Extension Focus (All Students)
12:30 PM - 1:15 PM	**Lunch Break (45 Minutes)**
1:15 PM - 3:15 PM	Postural Clinic - Axial Extension Principles
3:15 PM - 5:15 PM	Postural Clinic - Spinal Flexion (Forward Bending)
5:15 PM - 7:00 PM	Structural Pattern Analysis & Modification Strategies

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Weeks 6–8: Deepening Postural Understanding

Extension, Lateral Flexion, Rotation & Inversions Mastery

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: Bṛṁhaṇa Ratios & Bandhas

5:15 PM: Sequencing for Extension

Week 7 (Feb 14) – Lateral & Rotation

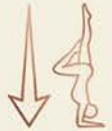
11:00 AM: Morning Practice - Lateral & Rotation

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

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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)

1:15 PM: 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: Integrated Teaching Mastery
Bringing All Elements Together in Confident Teaching

Week 13 (April 4)

11:00 AM: Morning Practice: Student-Led Teaching

12:30 PM: Lunch Break (45 Mins)

1:15 PM: Teaching Practicum: 30-Minute Classes

3:15 PM: Feedback & Refinement Workshop

5:15 PM: Philosophy Integration: Teaching Sutras

Week 14 (April 11)

11:00 AM: Morning Practice: Personal Style Development

12:30 PM: Lunch Break (45 Mins)

1:15 PM: Teaching Practicum: 45-Minute Classes

3:15 PM: One-to-One Skills & Adaptations

5:15 PM: Business of Yoga: Ethics & Marketing

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Week 15: Final Assessments & Practicum

Demonstrating Competence & Celebrating Growth

Session 15 (April 18)

The Agenda

11:00 AM - 1:00 PM: Final Teaching Practicum (60-Minute Classes)

1:00 PM - 2:00 PM: Lunch Break & Peer Feedback Circle

2:00 PM - 4:00 PM: Written Assessment (Anatomy, Philosophy, Chakras & Methodology)

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

- **Teaching Demonstration:** Sequencing, cueing, and modification skills.
- **Written Exam:** Comprehensive knowledge check including Chakra theory.
- **Case Study:** Practical sequencing application.
- **Peer Evaluation:** Constructive feedback and collaboration.

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Week 16: Graduation & Your Teaching Journey Forward

Celebrating Completion & Embracing Your Role as a Teacher

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 & Yoga Alliance Registration
- **6:00 PM** – Closing Circle - Commitments & Next Steps

Your Certification

Upon successful completion, graduates receive:

- **200-Hour Certificate**: Eligible for Yoga Alliance RYT 200 registration
- **100-Hour Professional Track Certificate**: Continuing education credits for E-RYT advancement
- **Lifetime Access**: Training Manual & Resources
- **Community Membership**: Ongoing support through Integrated Therapy Work

What You'll Master

A Comprehensive Yoga Alliance USA Certified Training

Foundational Skills (Weeks 1-4)

- Yoga Philosophy, History & 8 Limbs
- **Client Learning Styles & Adaptation**
- **Action Language & Clear Cueing**
- Pranayama Fundamentals
- Anatomy & Intro to Kinesiology

Professional Modules (Weeks 5-12)

- Postural Clinic Intensive (5 Planes)
- Progressive Pranayama (Ratios)
- Art of Sequencing (Viniyoga)
- Āsana Kinesiology (Biomechanics)
- **Chakra System & Energy Anatomy**

Teaching Mastery (Weeks 13-16)

- Progressive Teaching Practicum
- One-to-One & Group Skills
- Individual Adaptations
- Business of Yoga & Ethics
- Comprehensive Assessments

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Begin Your Transformation Today

Secure Your Spot in the 200-Hour Yoga Teacher Training

Program Investment

200-Hour Training: **AED 10,500** (Regular)
AED 7,875 (Early Bird - Nov 30)

100-Hour Professional Track: **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) tabby

Location & Schedule

Location: Nilaya House, Al Quoz, Dubai, UAE

Schedule: Saturdays, 11:00 AM - 7:00 PM (includes 45-min lunch break)

Dates: January 3 - April 25, 2026

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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