



Welcome to the 200 hours yoga teacher training which will be held at **Crimson chamber at the sustainable city Dubai** .

I'm happy to start the 200 hours with **Yoga First school** the most experienced yoga school in UAE as I was lucky to be graduated from this school in 2013 under the supervision of my teacher **Peewee Sanchaz**.

After getting graduated from this school, you will be certified 200 hours yoga teachers from yoga alliance its written like this way **RYT200 (Registered Yoga Teacher 200 hours)** and this an international certificate as you can teach anywhere all over the world and holding certification with **Yoga alliance USA** accreditation, please check below web site:

[Many Paths, One Yoga Alliance | Yoga Alliance.](#)

The procedure of registration after getting graduated is an easy task just you upload the certificate on yoga alliance website and pay 80 USD as annual fees.

If you would like to teach in in Studio or gym in Dubai, you need to register in **REP** Dubai with annual cost of around 500 AED to be able to teach check the link below:

[Reps UAE](#)

First aid training should be done after graduation with a cost of 150 Aed .

REPS and First aid training should be done separately and not included in the training program, but we can guide you how you can apply for it.

What are you going to learn in the 200 hours? (24 Days)

- Yoga practice techniques and training: 78hours
- Teaching methodology: 26 hours
- Anatomy and physiology :23 hours
- Yoga philosophy and lifestyle: 24 hours
- Practicum (practice of teaching) 32.5 hours

Total hours

150 hours the rest will be assignment after each module.

The whole program is **3 modules** you start to teach 20 minutes of yoga class from day 5

After module one and two there will be one day for practical exam.

After module 3 there will be a written exam for the whole program.

The program will be 14 days (Saturday)

The last day will be the graduation ceremony.

What is the calendar of the teacher training?

February 2025:

8,15,22

March 2024:

1,8,15,22,29

April 2025:

5.12.19.26

May

4,11

Timing:

- Saturday from 11 Am- 7pm.

Total Days = 14 days in person plus 50 Hours prerecorded online and Live zoom sessions

What are the payment methods?

There are 2 options of payment:

- Option one 8000 Aed before 10th of December
- Option 2 will be 8500 Aed plus vat until 10th of January
- After 15th of November will be full price of 11000 Aed plus vat
- Instalments options are available

P.S. In case if you have any obligation to attend some hours it will be considered in a makeup classes case by case (should not exceed 20 % of total training hours)

Looking forward to sharing your energy with us in the coming teacher training

Kamal Saad

- ERYT 500 Yoga alliance.
- 300 hours Viniyogatherapy teacher
- Internationally certified massage therapist (Dubai DHA license)
- Internationally certified manual osteopath