
200-Hour Yoga Teacher Training

November 2025 – Dubai

With Kamal Saad | ERYT-500 | Viniyoga Therapist | DHA Licensed Massage Therapist & Osteopath

Welcome to Your Yoga Journey

I'm excited to welcome you to the **200-Hour Yoga Teacher Training** in collaboration with **Yoga First**, one of the UAE's most established yoga schools. I proudly graduated from Yoga First in 2013 under the mentorship of my teacher, **Peewee Sanchez**, and it brings me great joy to now share this transformative journey with new aspiring teachers.

By the end of the training, you will be certified as a **Registered Yoga Teacher (RYT 200)**, accredited by **Yoga Alliance USA**—an internationally recognized credential that enables you to teach anywhere in the world.

 [Visit Yoga Alliance](#) for more details.

Certification & Career Path

Upon completion, you'll receive a Yoga Alliance certificate. To register officially:

- Upload your certificate to the Yoga Alliance website.
- Pay the annual registration fee of \$80 USD.

If you plan to teach in **gyms or studios in Dubai**, registration with **REPs UAE** is required:

- Annual REPs fee: approx. 500 AED
- [Learn more about REPs UAE](#)

A separate **First Aid Certification** (approx. 150 AED) is also required. While not included in the program, we'll guide you through how to register.

What You'll Learn

Our 200-hour curriculum is designed to help you embody the role of a confident, safe, and knowledgeable teacher. Here's a breakdown of the training hours:

Subject	Hours
Techniques, Training & Practice	78
Teaching Methodology	26
Anatomy & Physiology	23
Yoga Philosophy & Lifestyle	24
Practicum (Teaching Practice)	32.5
Assignments & Homework	16.5
Total	200

You'll start teaching short 20-minute classes by **Day 5** to build confidence from the start.

Training Schedule

- **Program Duration:** 16 in-person Saturdays + 30 hours of online tutorials & live Zoom sessions
- **Time:** Saturdays, 11:00 AM – 7:00 PM
- **Graduation:** Final day includes a ceremony



Training Calendar

Module 1 – November 2025

Dates: 1, 8, 15, 22, 29

Module 2 – December 2025 & January 2026

Dates: Dec 6, 13, 20 | Jan 10, 17, 24, 31

Module 3 – February 2026


Dates: 7, 14, 21, 28

- Practical exams after Modules 1 & 2
 - Final written exam after Module 3
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Investment & Payment Options

You have flexible payment options to join this life-changing journey:

- **Early Bird (before May 15, 2025):** AED 7,000
- **Add-on Offer:** AED 8,500 (includes 2-day Sound Healing Training)
- **Standard Rate (after May 15, 2025):** AED 10,000
- **Installments available**

 Missed a session? Up to 20% of training hours can be made up via additional sessions, based on individual cases.

Ready to Begin?

If you're committed to personal growth, deepening your practice, and inspiring others, this journey is for you. I look forward to sharing this sacred space and energy with you.

Namaste,

Kamal Saad

ERYT 500 – Yoga Alliance

300-Hour Viniyoga Therapy Teacher

DHA Licensed Massage Therapist & Manual Osteopath
