



# 200-Hour Yoga Teacher Training

Professional Viniyoga Certification | October 2026 – February 2027

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Saturdays • 10:00 AM – 7:00 PM • Instructor: Dr. Kamal Edrees, E-RYT 500



# Week 1: Saturday, October 3rd, 2026 – Foundation & Awakening

## Crimson Chamber • 10:00 AM – 7:00 PM

<b>10:00–11:00</b>	<b>1 hr</b>	Welcoming, Introduction & Opening Circle	<b>2:30–3:15</b>	<b>45 min</b>	Learning from the Cell & Foundational Learning Styles
<b>11:00–12:00</b>	<b>1 hr</b>	Opening Meditation & Energizing Practice	<b>3:15–3:30</b>	<b>15 min</b>	Break
<b>12:00–12:45</b>	<b>45 min</b>	Introduction to Pranayama: Chest & Belly Breathing	<b>3:30–5:00</b>	<b>1.5 hrs</b>	Body Parts, Anatomy Introduction & Structural Observation
<b>12:45–1:30</b>	<b>45 min</b>	Lunch Break	<b>5:00–6:15</b>	<b>1.25 hrs</b>	Foundational Teaching Presence & Reflective Learning
<b>1:30–2:30</b>	<b>1 hr</b>	What Is Yoga? Philosophy, History & Viniyoga Orientation	<b>6:15–7:00</b>	<b>45 min</b>	Calming Asanas, Closing Meditation & Reflection





# Week 2: Saturday, October 10th, 2026 – Alignment & Action Language

Crimson Chamber • 10:00 AM – 7:00 PM

<b>10:00–11:00</b>	<b>1 hr</b>	Morning Energizing Practice: Alignment Theme	<b>3:15–3:30</b>	<b>15 min</b>	Break
<b>11:00–12:30</b>	<b>1.5 hrs</b>	Anatomy of Pranayama & Breath Observation	<b>3:30–4:45</b>	<b>1.25 hrs</b>	Action Language: Clear Cueing & Observation
<b>12:30–1:30</b>	<b>1 hr</b>	Kinesiology Part 2: Functional Movement Foundations	<b>4:45–5:45</b>	<b>1 hr</b>	History of Yoga & Patanjali Sutra Introduction
<b>1:30–2:15</b>	<b>45 min</b>	Lunch Break	<b>5:45–7:00</b>	<b>1.25 hrs</b>	Evening Practice: Alignment, Breath & Cueing Integration
<b>2:15–3:15</b>	<b>1 hr</b>	Learning Styles & Client-Centered Communication			



# Week 3: Saturday, October 17th, 2026 – The Art of Teaching

## Crimson Chamber • 10:00 AM – 7:00 PM

<b>10:00–11:00</b>	<b>1 hr</b>	Morning Practice: Educational Theme	<b>2:45–4:15</b>	<b>1.5 hrs</b>	The Art of Teaching: Voice, Presence & Observation
<b>11:00–12:00</b>	<b>1 hr</b>	Pranayama Physiology	<b>4:15–4:30</b>	<b>15 min</b>	Break
<b>12:00–1:30</b>	<b>1.5 hrs</b>	Muscles in Yoga & Functional Anatomy	<b>4:30–5:45</b>	<b>1.25 hrs</b>	Teaching Skills Lab: Demonstration & Feedback
<b>1:30–2:15</b>	<b>45 min</b>	Lunch Break	<b>5:45–7:00</b>	<b>1.25 hrs</b>	Eight Limbs of Yoga & Teaching Reflection
<b>2:15–2:45</b>	<b>30 min</b>	Action Language: Clear Cueing Practice			



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# Week 4: Saturday, October 24th, 2026 – Kinesiology & Practice

## Crimson Chamber • 10:00 AM – 7:00 PM

<b>10:00–11:00</b>	<b>1 hr</b>	Morning Practice: Educational Theme	<b>3:15–3:30</b>	<b>15 min</b>	Break
<b>11:00–12:00</b>	<b>1 hr</b>	Pranayama & Breath-Led Movement	<b>3:30–5:00</b>	<b>1.5 hrs</b>	Teaching Practicum: Cueing Flexion Safely
<b>12:00–1:30</b>	<b>1.5 hrs</b>	Kinesiology: Joints & Movement Principles	<b>5:00–6:00</b>	<b>1 hr</b>	Applied Student Observation & Corrections
<b>1:30–2:15</b>	<b>45 min</b>	Lunch Break	<b>6:00–7:00</b>	<b>1 hr</b>	Yamas: Ethical Foundations of Teaching
<b>2:15–3:15</b>	<b>1 hr</b>	Postural Clinic: Flexion Part 1			





# Week 5: Saturday, October 31st, 2026 – Flexion & Practicum

## Crimson Chamber • 10:00 AM – 7:00 PM

<b>10:00–11:00</b>	<b>1 hr</b>	Pranayama: Stabilizing Breath for Forward Bends	<b>3:00–3:15</b>	<b>15 min</b>	Break
<b>11:00–11:45</b>	<b>45 min</b>	Revision: Joints, Hamstrings & Pelvis	<b>3:15–5:15</b>	<b>2 hrs</b>	Teaching Practicum: Forward Bend Sequencing
<b>11:45–1:15</b>	<b>1.5 hrs</b>	Postural Clinic: Flexion Asana Part 2	<b>5:15–6:15</b>	<b>1 hr</b>	Feedback, Refinement & Contraindications
<b>1:15–2:00</b>	<b>45 min</b>	Lunch Break	<b>6:15–7:00</b>	<b>45 min</b>	Closing Integration Practice
<b>2:00–3:00</b>	<b>1 hr</b>	Yamas Applied to Adaptation & Safety			





# Week 6: Saturday, November 7th, 2026 – Pelvis & Practicum

## Crimson Chamber • 10:00 AM – 7:00 PM

<b>10:00–11:00</b>	<b>1 hr</b>	Brmhana Practice for Pelvic Stability	<b>4:00–4:15</b>	<b>15 min</b>	Break
<b>11:00–11:45</b>	<b>45 min</b>	Sharing Feedback & Teaching Reflection	<b>4:15–5:30</b>	<b>1.25 hrs</b>	Case Study: Pelvic Stability & Adaptation
<b>11:45–1:15</b>	<b>1.5 hrs</b>	Kinesiology: Pelvis Function & Innominate Motion	<b>5:30–6:15</b>	<b>45 min</b>	Pranayama & Grounding Integration
<b>1:15–2:00</b>	<b>45 min</b>	Lunch Break	<b>6:15–7:00</b>	<b>45 min</b>	Yama and Niyama: Integration into Practice
<b>2:00–4:00</b>	<b>2 hrs</b>	Teaching Practicum: Pelvis, Hips & Lower Back			



# Week 7: Saturday, November 14th, 2026 – Extension & Assessment Prep

Crimson Chamber • 10:00 AM – 7:00 PM

<b>10:00–11:00</b>	<b>1 hr</b>	Back Bend Practice & Spine Extension	<b>2:15–2:45</b>	<b>30 min</b>	Joints Anatomy Revision
<b>11:00–11:30</b>	<b>30 min</b>	Practice Reflection & Feedback	<b>2:45–4:15</b>	<b>1.5 hrs</b>	Stretching the East: Spine Extension
<b>11:30–12:00</b>	<b>30 min</b>	Pranayama Review	<b>4:15–4:30</b>	<b>15 min</b>	Break
<b>12:00–1:30</b>	<b>1.5 hrs</b>	Teaching Practicum: Extension Preparation	<b>4:30–5:45</b>	<b>1.25 hrs</b>	Yoga Philosophy & Teaching Intention
<b>1:30–2:15</b>	<b>45 min</b>	Lunch Break	<b>5:45–7:00</b>	<b>1.25 hrs</b>	Teaching Assessment Preparation



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# Week 8: Saturday, November 21st, 2026 – Assessment & Spine Extension

Crimson Chamber • 10:00 AM – 7:00 PM

<b>10:00–11:30</b>	<b>1.5 hrs</b>	Teaching Assessment: Extension-Themed Practice	<b>3:45–4:00</b>	<b>15 min</b>	Break
<b>11:30–12:30</b>	<b>1 hr</b>	Feedback Session	<b>4:00–5:15</b>	<b>1.25 hrs</b>	Sequencing Q&A for Safe Backbends
<b>12:30–2:00</b>	<b>1.5 hrs</b>	Postural Clinic: Spine Extension	<b>5:15–6:15</b>	<b>1 hr</b>	Assessment Refinement & Peer Coaching
<b>2:00–2:45</b>	<b>45 min</b>	Lunch Break	<b>6:15–7:00</b>	<b>45 min</b>	Closing Practice & Reflection
<b>2:45–3:45</b>	<b>1 hr</b>	Yama and Niyama: Application in Teaching			





# Week 9: Saturday, November 28th, 2026 – The Art of Sequencing

## Crimson Chamber • 10:00 AM – 7:00 PM

<b>10:00–11:00</b>	<b>1 hr</b>	Morning Sequenced Practice: Observing Logic	<b>3:45–4:00</b>	<b>15 min</b>	Break
<b>11:00–11:30</b>	<b>30 min</b>	Practice Reflection & Sequencing Notes	<b>4:00–5:00</b>	<b>1 hr</b>	Prana, Apana & Pranayama Sequencing
<b>11:30–1:00</b>	<b>1.5 hrs</b>	Viniyoga Framework: Preparation, Peak & Counterpose	<b>5:00–6:15</b>	<b>1.25 hrs</b>	Sequence Design Practice
<b>1:00–1:45</b>	<b>45 min</b>	Lunch Break	<b>6:15–7:00</b>	<b>45 min</b>	Peer Feedback & Closing Integration
<b>1:45–3:45</b>	<b>2 hrs</b>	Sequencing for Lower Back Health			





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# Week 10: Saturday, December 5th, 2026 – Hips & Lateral Flexion

Crimson Chamber • 10:00 AM – 7:00 PM

<b>10:00–11:00</b>	<b>1 hr</b>	Hips Sequence Practice	<b>3:30–3:45</b>	<b>15 min</b>	Break
<b>11:00–11:15</b>	<b>15 min</b>	Practice Reflection	<b>3:45–5:15</b>	<b>1.5 hrs</b>	Postural Clinic: Lateral Flexion
<b>11:15–1:15</b>	<b>2 hrs</b>	Hips Anatomy and Kinesiology	<b>5:15–6:30</b>	<b>1.25 hrs</b>	Applied Practice: Side Bending, Breath & Adaptation
<b>1:15–2:00</b>	<b>45 min</b>	Lunch Break	<b>6:30–7:00</b>	<b>30 min</b>	Closing Reflection & Questions
<b>2:00–3:30</b>	<b>1.5 hrs</b>	Sequence Court: Case-Based Teaching Decisions			





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# Week 11: Saturday, December 12th, 2026 – Twists & Sequencing

## Crimson Chamber • 10:00 AM – 7:00 PM

<b>10:00–11:00</b>	<b>1 hr</b>	Bramhana Practice Group	<b>3:15–3:30</b>	<b>15 min</b>	Break
<b>11:00–12:00</b>	<b>1 hr</b>	Peak Pose Practice Group	<b>3:30–4:45</b>	<b>1.25 hrs</b>	Twist Practice & Modifications
<b>12:00–1:30</b>	<b>1.5 hrs</b>	Postural Clinic: Twist	<b>4:45–6:15</b>	<b>1.5 hrs</b>	Sequencing Lab: Twists, Hips & Counterposes
<b>1:30–2:15</b>	<b>45 min</b>	Lunch Break	<b>6:15–7:00</b>	<b>45 min</b>	Final Sequencing Preparation
<b>2:15–3:15</b>	<b>1 hr</b>	Hips Postural Clinic			





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# Week 12: Saturday, January 2nd, 2027 – Lower Limb: Knee, Ankle & Foot

Crimson Chamber • 10:00 AM – 7:00 PM

<b>10:00–11:00</b>	<b>1 hr</b>	Lower Body Strength & Stability Practice	<b>3:45–4:00</b>	<b>15 min</b>	Break
<b>11:00–12:00</b>	<b>1 hr</b>	Knee Joint Anatomy & Load Management	<b>4:00–5:45</b>	<b>1.75 hrs</b>	Teaching Practicum: Standing Posture Adaptations
<b>12:00–1:30</b>	<b>1.5 hrs</b>	Ankle, Foot & Kinetic Chain Biomechanics	<b>5:45–6:30</b>	<b>45 min</b>	Injury Prevention & Contraindications
<b>1:30–2:15</b>	<b>45 min</b>	Lunch Break	<b>6:30–7:00</b>	<b>30 min</b>	Closing Integration
<b>2:15–3:45</b>	<b>1.5 hrs</b>	Case Study: Lower-Limb Alignment			





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# Week 13: Saturday, January 9th, 2027 – Upper Limb & Weight-Bearing

Crimson Chamber • 10:00 AM – 7:00 PM

<b>10:00–11:00</b>	<b>1 hr</b>	Shoulder Awareness & Weight-Bearing Practice	<b>3:45–4:00</b>	<b>15 min</b>	Break
<b>11:00–12:00</b>	<b>1 hr</b>	Shoulder Girdle Anatomy & Scapulohumeral Rhythm	<b>4:00–5:45</b>	<b>1.75 hrs</b>	Practicum: Upper-Limb Load Adaptations
<b>12:00–1:30</b>	<b>1.5 hrs</b>	Elbow, Wrist & Hand Biomechanics	<b>5:45–6:30</b>	<b>45 min</b>	Weight-Bearing Contraindications & Props
<b>1:30–2:15</b>	<b>45 min</b>	Lunch Break	<b>6:30–7:00</b>	<b>30 min</b>	Closing Practice
<b>2:15–3:45</b>	<b>1.5 hrs</b>	Safe Alignment for Plank, Chaturanga & Arm Balances			





# Week 14: Saturday, January 23rd, 2027 – Integrated Teaching Mastery

Crimson Chamber • 10:00 AM – 7:00 PM

<b>10:00–11:00</b>	<b>1 hr</b>	Full-Body Integration Practice	<b>3:30–3:45</b>	<b>15 min</b>	Break
<b>11:00–12:00</b>	<b>1 hr</b>	Functional Application: Anatomy in Real Teaching	<b>3:45–5:00</b>	<b>1.25 hrs</b>	Business of Yoga, Ethics & Professional Marketing
<b>12:00–1:30</b>	<b>1.5 hrs</b>	Professional Practicum: Biomechanics in Action	<b>5:00–6:15</b>	<b>1.25 hrs</b>	Teaching Mastery Lab & Feedback
<b>1:30–2:15</b>	<b>45 min</b>	Lunch Break	<b>6:15–7:00</b>	<b>45 min</b>	Final Assessment Preparation
<b>2:15–3:30</b>	<b>1.25 hrs</b>	Individual Adaptations & Case Studies			



# Week 15: Saturday, January 30th, 2027 – Comprehensive Assessment

Crimson Chamber • 10:00 AM – 7:00 PM

<b>10:00–12:00</b>	<b>2 hrs</b>	Final Teaching Practicum: Full-Class Demonstration	<b>3:30–3:45</b>	<b>15 min</b>	Break
<b>12:00–12:45</b>	<b>45 min</b>	Peer Reflection & Feedback Round	<b>3:45–5:45</b>	<b>2 hrs</b>	Case Study Presentations
<b>12:45–1:30</b>	<b>45 min</b>	Lunch Break	<b>5:45–6:30</b>	<b>45 min</b>	Individual Feedback & Completion Review
<b>1:30–3:30</b>	<b>2 hrs</b>	Written Assessment: Anatomy, Biomechanics & Philosophy	<b>6:30–7:00</b>	<b>30 min</b>	Professional Readiness Reflection



# Week 16: Saturday, February 6th, 2027 – Graduation, Certification & Celebration

Crimson Chamber • 10:00 AM – 7:00 PM

<b>10:00–11:00</b>	<b>1 hr</b>	Final Group Practice: Celebrating the Journey	<b>3:30–3:45</b>	<b>15 min</b>	Break
<b>11:00–12:00</b>	<b>1 hr</b>	Closing Ceremony & Reflections	<b>3:45–5:00</b>	<b>1.25 hrs</b>	Professional Commitments & Next Steps
<b>12:00–1:00</b>	<b>1 hr</b>	Graduation Lunch & Community Celebration	<b>5:00–6:15</b>	<b>1.25 hrs</b>	Community Sharing & Gratitude Practice
<b>1:00–2:30</b>	<b>1.5 hrs</b>	Certificate Presentation & Photography	<b>6:15–7:00</b>	<b>45 min</b>	Closing Circle, Gratitude & Celebration
<b>2:30–3:30</b>	<b>1 hr</b>	Continuing Education Pathways			

