

Kasi Yoga

200 Hours Teacher Training course

Become a Yoga Alliance–certified teacher with Dubai's RYT 200 teacher training: weekday, weekend or hybrid batches in Dubai Sports City, led by Dr. Kasi.

Format	Total hours	Certification
In studio + online	200 hours	yoga Alliance RYT 200 & REP's UAE

Location

Dubai Sports City

ABOUT THE COURSE

200 Hours Teacher Training course

Our RYT 200 Yoga Teacher Training is a complete, Yoga Alliance–registered 200-hour programme for anyone who wants to deepen their practice or teach with confidence. It's led by Dr. Kasi, an Ayurvedic physician and E-RYT 500 teacher who has trained teachers in Dubai for over 15 years.

Over 200 hours you'll study asana and alignment, teaching methodology, anatomy and physiology, yoga philosophy and ethics, and you'll get supervised teaching practice. You'll learn not just how to do the postures but how to teach them: how to sequence a safe class, cue clearly, adjust students, and find your own teaching voice.

Choose a weekday, weekend or hybrid batch to fit your work and family. Batches are small, so you get personal attention. Books, exams and certification fees are included, and you can pay in 4 interest-free instalments with Tabby. When you graduate, you can register with Yoga Alliance as an RYT 200 and teach anywhere in the world, with lifetime support from our alumni community.

What you'll learn

- Teach a safe, well-sequenced yoga class from your first week after graduating
- Functional anatomy and physiology for yoga teachers
- Yoga philosophy: the Yoga Sutras, the eight limbs and yogic lifestyle
- Hatha and Vinyasa sequencing for different levels
- Supervised teaching practice with personal feedback
- Asana technique, alignment and hands-on adjustments
- Pranayama, meditation and the subtle body (chakras and nadis)
- Teaching methodology: cueing, demonstration, class management and voice
- Teaching ethics and the business of being a yoga teacher

Who it's for

Practitioners who want to deepen their own practice and understanding of yoga, even if they never plan to teach.

Aspiring teachers who want an internationally recognised RYT 200 certificate.

Working professionals and parents who need a weekday, weekend or hybrid schedule in Dubai.

Fitness trainers, Pilates instructors and wellness professionals adding yoga to what they offer.

You don’t need to be able to do advanced postures. You need a regular practice, curiosity, and a wish to learn.

CURRICULUM

How the course is built

30 hrs	60 hrs	100 hrs	10 hrs
Online theory	In-studio theory	In-studio practice	Online practice

Online theory · 30 hours

Module 1	8 lessons
Module 2	9 lessons
Module 3	11 lessons

In-studio theory · 60 hours

1. Introduction to RYT 200 Yoga Alliance & REPs UAE

2. Common Trends in Yoga

3. Business of Yoga.

4. Modern texts on yoga.

5. Differences in Yoga in the West and East.

6. Do's and Dont's in Yoga

7.Why is diet, sleep , relationship and

practise important for yoga practise..

8. Yoga ethics

Philosophy

1. The big picture of yoga - Evolution , Philosophy and Origin of Yoga in India, How and who spread Yoga worldwide.

2. Vedic yoga, Pre classical yoga, Classical Yoga ,

3. The 3 main texts of yoga

4. Yoga sutra

5. Gherenda Samhita

6. Shiva Samhita

7. The five elements of the universe and how the human being is dependent of the universe.

8. Understanding the self - why we say Human being is microcosm of macrocosm.

9. 8 limbs of yoga,

10. 5 points of yoga according to swami Vishnudevandha

11. Prana and Pranayama

12. The Five senses and sense control

13. Mindfulness and how to develop concentration.

14. Mudras - science behind it.

15. The energy centres of the body - Chakras

16. Physical, Psychological functions of chakras.

17. The six purificatory procedures in yoga.

18. Nadi - The channel of consciousness

19. The 3 different bodies

20. The 5 layers of body - Koshas

21. Introduction to Ayurveda, The sister science of yoga.

22. The 3 different body types - Dosha

Anatomy

1. Fundamental anatomy essential for yoga teachers / yoga enthusiasts.

2. Different kind of bones and joints in the body.

3.Connective tissues of the body.

4. How the shape of bones, movements of joints and connective tissues affect your yoga posture ?

5. Anatomy of Hip,

6. Knee,

7. Ankle,

8. Shoulder

9. Elbow

10. Wrist

11. Spine

12. Why is breathing so important in yoga ? western view of breathing and yogic way of breathing, types of breathing exercise in yoga.

13. Holistic Bio-Mechanics of yoga poses - what are the various movements of the joints / body, co relating this to yoga postures.

14. Concept of parallel pose, counterpose and peak pose in yoga sequencing.

15. How to understand the muscles in action in yoga pose, which muscle is stretching and which is strengthening

16. Co relating chakras with the spinal nerve plexus.

17. Nervous system

18. Bandhas - The energetic locks in Yoga

19. Research in Yoga, science behind yoga, important research articles in yoga.

In-studio practice · 100 hours

Daily Guided Asanas , Pranyanama and Meditation plus supervised teaching for students with their peer group. 1. The qualities of good teacher, the seven kind of learners and how to adapt the teaching of yoga to these different people. 2. Modern yoga - different types of yoga. 3. How to effectively cue the asanas. 4. How to teach warm up 5. Sun salutations A, how to teach , modify and understand, deliver the instructions safely for all levels of people. 6. Basic Yoga Sequencing Format 7. Power Yoga , gentle Yoga, Vinyasa Yoga, Hatha Yoga, Pranayama & Meditation 8. Elderly People yoga 9. How to sequence a stretching class 10. How to sequence a strengthening class 11. How to create a master yoga sequence 12. The Art of intelligent sequencing, how to make your yoga sequence. 13. 84 poses in detail , how to get into the pose, effectively cue the pose, modify and safe learning. 14. Art of teaching savasana. 15. How to learn the essential Sanskrit names of poses. 16. How to select the proper music for your yoga teaching 17. Guidelines for new teachers

Online practice library · 10 hours

ASANA PRACTISE	3 videos
PRANAYAMA PRACTISE	1 video

WAYS TO JOIN

Choose the batch that suits you

weekday	—
Weekend	Sat - Sun 10 AM - 5 PM

Start dates, fees and current offers are always up to date on the course page — scan the code below.

Questions people ask

Is your yoga teacher training in Dubai certified by Yoga Alliance?

Yes. We are a Yoga Alliance Registered Yoga School (RYS 200). After graduating, you can register with Yoga Alliance as an RYT 200 and teach anywhere in the world.

How long does the 200-hour yoga teacher training take?

It depends on your batch. The weekday batch runs about 12 weeks, Monday to Friday mornings. The weekend batch runs about 14 weeks on Saturdays and Sundays. The hybrid batch has a flexible start and schedule. See the batches above for exact dates.

Can I do yoga teacher training in Dubai on weekends?

Yes. Our weekend batch runs on Saturdays and Sundays, so you can complete your RYT 200 without taking time off work.

Do I need to be advanced to join a yoga teacher training course?

No. You need a regular practice of around six months and an open mind. We teach you to modify postures for every body, including your own.

How much does yoga teacher training cost in Dubai, and can I pay in instalments?

The fee for each batch is shown above, including VAT, with early-bird prices when available. Books, exams and certification fees are included, and you can spread the cost over 4 interest-free payments with Tabby.

Is the RYT 200 certificate recognised in the UAE?

Yes. Yoga Alliance certification is recognised by studios and gyms across the UAE and worldwide. Our training is also recognised by REPS UAE.

What will I be able to do after the RYT 200 course?

You can teach public classes, private sessions, corporate and online yoga. Many of our graduates teach in Dubai studios, gyms, hotels and schools. You can also continue to RYT 300 or 500.

What happens if I miss a class?

Life happens. Missed hours can be made up in a later class or batch, We also provide you the recording of what you miss, so you still complete the full 200 hours needed for certification.

What style of yoga will I learn to teach?

Mainly Hatha and Vinyasa, grounded in traditional yoga philosophy, functional anatomy and the Ayurvedic understanding of the body that Dr. Kasi brings as a physician.

Can I try a class before I enrol in yoga teacher training?

Yes. Join a free, no-obligation TTC experience class at our studio in Dubai Sports City. Tap “Enquire” or message us on WhatsApp to book.

See dates, fees & enquire

Scan the code or visit

1000petaledlotus.com/teacher-training-course-in-dubai/ryt-200-yoga-teacher-training-dubai

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