Kasi Yoga

40 hours Meditation course - hybrid

A 40-hour Yoga Alliance (YACEP) and REPs UAE approved course to deepen your own meditation and learn to guide others with confidence.

Format	Total hours	Certification
In studio + online	40 hours	YACEP - Yoga Alliance + 16 CPD points REPs UAE
Location	**Language**	
Dubai Sports City	English	

ABOUT THE COURSE

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“Lotus Light” is our meditation teacher training, led by Dr. Kasi, an Ayurvedic physician and E-RYT 500 teacher with more than 15 years of teaching yoga and meditation in Dubai.

Over 30 hours you build a steady personal practice and learn the techniques, the philosophy and the science behind it. Then you learn to guide others: designing sessions, setting intentions and leading real meditations with confidence.

The course suits complete beginners as well as yoga teachers, coaches and wellness practitioners who want to add meditation to their work. Train in person at our Dubai Sports City studio or online, and graduate with a certificate approved by Yoga Alliance (YACEP) and REPs UAE.

What you'll learn

- The foundations of stillness: the history and philosophy of meditation, the qualities of a good teacher, and the science of its benefits
- Core meditation and yogic techniques: breath-focused meditation, body scans, Yoga Nidra, and the roles of pranayama, pratyahara and dharana
- The art of guiding others: designing sessions, setting intentions (sankalpa), and a practicum where you lead real sessions
- Included: the “Lotus Light” manual, the “From Words to Stillness” booklet of guided meditation scripts, online preparatory videos and resources, and your certificate (YACEP, REPs UAE approved).
- The landscape of the mind: Eastern and Western views of the mind, brain waves and states of consciousness, and Patanjali’s methods for mental obstacles
- Advanced and insightful practices: guided visualisation, mantra, chakra, mindfulness and insight meditation
- Embodying the teacher: integration, final reflection and certification

Who it's for

Complete beginners: no meditation experience needed

Yoga teachers who want to add meditation classes

Coaches, therapists and wellness practitioners

Anyone who wants a deeper, steadier personal practice

CURRICULUM

How the course is built

28 hrs	8 hrs	4 hrs
Online theory	In-studio theory	In-studio practice

Online theory · 28 hours

Module 1	8 lessons
Understanding the Mind	6 lessons
Module 3: Core Meditation Techniques	8 lessons
Module 4: Advanced Techniques	6 lessons
Module 5: Teaching Meditation - Guiding Others	6 lessons

In-studio theory · 8 hours

Teaching Methodology - Meditation

Hands on Practice teaching Meditation

In-studio practice · 4 hours

Guided Meditation Practice Supervised meditation teaching

WAYS TO JOIN

Choose the batch that suits you

Weekends + online

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

Questions people ask

How do I become a certified meditation teacher in Dubai?

Complete an accredited meditation teacher training. Our 30-hour "Lotus Light" course in Dubai Sports City is approved by Yoga Alliance (YACEP) and REPs UAE. It takes you from your own practice to confidently guiding individuals and groups, and ends with a recognised meditation teacher certificate.

Is this meditation certification recognised in the UAE?

Yes. The course is approved by REPs UAE, the UAE's Registry of Exercise Professionals, and is a Yoga Alliance Continuing Education Program (YACEP). Studios, gyms, hotels and wellness centres in Dubai and abroad recognise both.

Can I do the meditation teacher training with no experience?

Yes. The course is designed for complete beginners as well as experienced practitioners. You start with the foundations of stillness and simple breath meditation, then build up to guiding others step by step.

How long does the meditation teacher training take?

40 hours in total, run in batches at our Dubai studio or online. The dates and timings for each batch are listed on this page, so you can pick the one that fits around work or family.

How much does meditation teacher training cost in Dubai?

The full fee is AED 3,800, or AED 3,500 at the early-bird rate. It includes the "Lotus Light" manual, a booklet of guided meditation scripts, online preparatory videos and your YACEP and REPs UAE approved certificate. It's also free with our RYT 200 yoga teacher training.

Can I do the meditation teacher training online?

Yes. Join online from anywhere, or train in person at our studio in Dubai Sports City, near Motor City, JVC and Arabian Ranches. Online students get the same teaching, manual and certificate.

What meditation techniques will I learn?

Breath-focused meditation, body scans, Yoga Nidra, guided visualisation, mantra, chakra meditation, mindfulness and insight meditation. You also learn the yogic foundations behind them: pranayama, pratyahara and dharana.

Does the course include Yoga Nidra training?

Yes. Yoga Nidra is one of the core techniques. You learn to practise it yourself and to guide it for others, along with session design and setting an intention (sankalpa).

I'm a yoga teacher. Does this count towards my Yoga Alliance continuing education?

Yes. It's a Yoga Alliance YACEP course, so registered yoga teachers (RYT 200 / RYT 500) can count its hours as continuing education. It's also a natural way to add meditation classes to your teaching.

What can I do after the meditation teacher training?

Lead group meditation classes and one-to-one sessions. Add meditation to yoga, coaching, therapy or corporate wellness work. Or simply deepen your own practice. Our graduates guide meditation in studios, workplaces and online across Dubai and beyond.

See dates, fees & enquire

Scan the code or visit

1000petaledlotus.com/teacher-training-course-in-dubai/meditation-teacher-training-course-dubai

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