

THE EMBODIED SCHOLAR: AN INTEGRATED 300 HOUR YTT



RYT 300

Welcome to Thousand Petaled Lotus Yoga Center!

We are delighted to present our comprehensive guide to help you embark on your journey to becoming a certified yoga teacher in Dubai.



**WE HAVE TRAINED
MORE THAN
500 TEACHERS
WORLDWIDE!**



INTERNATIONALLY
ACCREDITED YOGA
TEACHER TRAINING
COURSE IN DUBAI



**REPs
UAE**
The Register of
Exercise Professionals

Program Overview



This advanced 300-hour curriculum is designed for certified 200-hour teachers seeking to deepen their knowledge, refine their teaching, and build a sustainable, impactful career. The program consists of five required Core Modules (216 hours) and a selection of two Elective Pathways (60 hours), culminating in a final capstone project.



CORE MODULES

Module 1: The Art of Asana: Advanced Practice & Biomechanics (72 Hours) This cornerstone module moves far beyond universal alignment cues to explore the "why" behind the postures. It provides a deep, immersive study of physical practice, integrating modern biomechanics with traditional wisdom for a safer, smarter, and more sustainable approach to advanced asana.

Advanced Asana Labs

- **Inversions Lab:** Progressive entry, spotting techniques, and strength drills for Handstand, Forearm Stand, Headstand, and safe exits.
- **Arm Balance Lab:** Foundational poses like Crow/Crane and progressing to complex balances like Eka Pada Koundinyasana and Astavakrasana.
- **Advanced Backbending Lab:** Anatomy of spinal extension, shoulder and hip flexor opening, and safe progression into deeper backbends like Urdhva Dhanurasana variations and Kapotasana prep.
- **Deep Hip Opening & Forward Folds Lab:** Exploring the anatomy of the hip socket, safe sequencing for poses like Lotus (Padmasana), and understanding skeletal limitations.

GLOBAL YOGA - INDIAN ROOTS

Thousand Petaled Lotus Yoga Center



ABOUT OUR SCHOOL



Thousand Petaled Lotus Yoga Center, established in 2012, is one of the oldest yoga schools in Dubai. Our center blends global yoga practices with Indian roots, providing a rich and authentic learning experience. We have graduated over 400 teachers. Our reputation for excellence is built on years of dedicated teaching and a commitment to nurturing the next generation of yoga instructors.

1

LEAD TRAINER 1

Our RYT 300 Hrs Yoga Teacher Training in Dubai, offers a transformative experience that will change your life and the lives of others. You can choose between weekday or weekend options to suit your schedule. The lead trainer, Dr. Kasi, is a seasoned Ayurvedic Physician and Yoga Anatomy Expert with 18 years of experience in guiding and enlightening yoga practitioners and instructors.

2

LEAD TRAINER 2

3

Master Deepak, our advanced asana expert, guides you through the first 72 hours of immersive physical transformation. His expertise lies in postural progression and embodied strength.



WHY CHOOSE US?

Thousand Petaled Lotus Yoga Center stands out as the oldest yoga school in Dubai, offering the most flexible learning schedules. We provide post-training mentorship programs, lifetime access to course videos. Our comprehensive approach ensures that you receive the best education and support throughout your journey.

4

5



CONTINUOUS LEARNING EVERY DAY

Every day presents an opportunity to learn something new. As you immerse yourself in yoga training, you'll discover fresh insights, techniques, and philosophies that deepen your practice. Embrace each day as a chance to expand your knowledge and grow both personally and professionally. This constant learning not only enhances your skills but also enriches your journey as a future yoga instructor.



01



The Art of Asana —
biomechanics,
advanced
postures, injury
management

02



The Intelligent Sequencer —
designing powerful
classes rooted in
intention

03



The Embodied Philosopher —
texts like Yoga
Sutras and Gita
brought to life



WHAT YOU
Will Learn

04



The Healing Space
— trauma-informed,
inclusive yoga

05



The Professional Teacher — ethics,
business,
leadership

06

Life long
support and
mentorship



Meet your Trainers



Dr. Kasi, our esteemed lead trainer, brings a wealth of knowledge and experience to this course. As a seasoned Ayurvedic Physician and Yoga Anatomy Expert, Dr. Kasi has been guiding and enlightening yoga practitioners for over 18 years. His deep understanding of human anatomy, combined with his extensive background in yoga philosophy and teaching methodologies, ensures a comprehensive and transformative learning experience. Dr. Kasi's passion for yoga and dedication to his students is evident in his engaging teaching style, making him an inspiring mentor for those embarking on their journey to becoming certified yoga instructors.

Deepak is a lifelong practitioner of yoga who began his journey at the age of 7, under the guidance of traditional Indian masters. With over 17 years of dedicated practice and teaching experience, he brings a rare blend of discipline, depth, and humility to his classes. Deepak specializes in advanced asana, kriya, and pranayama techniques and is known for his exceptional ability to guide students safely into powerful postures while maintaining the inner awareness that true yoga demands.



How to Contact us

Call Dr.Kasi +971555297704

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+971505467704


www.1000petaledlotus.com

Free Info Session
BOOK NOW
Become a certified Yoga teacher

Unit 207, Stadium Point, Sports City, Dubai , UAE

Thousand Petaled Lotus Yoga Center - Dubai

Our syllabus

The Art of Asana: Advanced Practice & Biomechanics (72 Hours)	The Intelligent Sequencer: Theming, Pacing, and Arc (36 Hours)
<p data-bbox="108 436 702 857">Deconstruct complex postures (inversions, arm balances, deep backbends) with an understanding of progressive entry, preparatory drills, and necessary conditioning.</p> <p data-bbox="108 929 766 1220">Differentiate between aesthetic alignment and functional alignment, learning to adapt cues for individual skeletal variations.</p> <p data-bbox="108 1299 742 1657">Analyse the biomechanics of major joints (shoulders, hips, spine, knees) to prevent common yoga injuries and guide students with greater precision.</p> <div data-bbox="143 1702 734 2217"><p data-bbox="199 1736 678 2027">Some of the theory topics are also available online</p></div>	<p data-bbox="817 436 1428 795">Master multiple sequencing methodologies, including sequencing towards a peak pose, mandala (circular) sequencing, and elemental sequencing.</p> <p data-bbox="817 862 1484 1108">Craft a cohesive energetic arc for a class, understanding how to build, sustain, and wind down energy effectively.</p> <p data-bbox="817 1176 1484 1467">Develop meaningful class themes based on philosophical concepts, anatomical focus, or energetic qualities.</p> <p data-bbox="817 1534 1452 1780">Refine the use of voice, tone, and language to guide the student experience and support the class theme.</p>

The Embodied Philosopher: Living the Texts (36 Hours)	The Healing Space: Trauma-Informed & Inclusive Teaching (36 Hours)
<p data-bbox="108 344 762 645">Conduct an in-depth study of key selections from the Yoga Sutras of Patanjali, the Bhagavad Gita, and the Hatha Yoga Pradipika.</p> <p data-bbox="108 714 722 954">Translate ancient philosophical concepts into relevant themes for modern yoga classes.</p> <p data-bbox="108 1023 746 1384">Critically examine the history of modern postural yoga and engage in thoughtful discussion on cultural appropriation versus appreciation.</p> <p data-bbox="108 1453 732 1630">Develop the skill of crafting and delivering authentic and impactful dharma talks.</p>	<p data-bbox="817 344 1481 752">Understand the core principles of the neuroscience of trauma, including the autonomic nervous system, the "fight, flight, freeze" response, and the impact of trauma on the brain and body.</p> <p data-bbox="817 822 1453 1111">Apply the key tenets of trauma-informed care: safety, choice, collaboration, trustworthiness, and empowerment.</p> <p data-bbox="817 1180 1477 1406">Utilise invitational language and offer variations to create a choice-based, non-coercive class environment.</p> <p data-bbox="817 1476 1469 1771">Develop skills for nervous system co-regulation and grounding techniques to support students experiencing dysregulation.</p> <p data-bbox="817 1841 1465 2123">Understand the teacher's scope of practice and the importance of self-care to prevent burnout and vicarious trauma.</p>

The Professional Teacher: Business, Ethics, and Leadership (36 Hours)	Elective Pathways (Choose Two 30-Hour Modules)
<p>Define a personal brand, identify a niche audience, and craft a compelling mission statement.</p> <p>Create and price a diverse range of offerings, including workshops, class series, private sessions, and retreats.</p> <p>Develop a practical marketing and social media strategy to build community and attract students.</p> <p>Understand the legal and financial aspects of being a yoga professional, including insurance, waivers, and basic bookkeeping.</p> <p>Navigate advanced ethical dilemmas related to business, community leadership, and maintaining professional boundaries.</p>	<p>A: The Quiet Practice: Yin, Restorative & Yoga Nidra</p> <p>B: The Science of Balance: Ayurveda & Yogic Lifestyle •</p> <p>C: The Subtle Body: Advanced Pranayama, Mantra & Meditation</p> <p>D: The Skilled Touch: The Art & Science of Hands-On Assists •</p> <p>E: The Specialised Class: Teaching Special Populations</p>



Our weekday Schedule

Course duration - 60 days

Course days - Mon, Tue, Wed, Thur

Course timings - Mon - Thur : 9.30 am to 1.00 pm,

Yoga practise 9.30 am to 11.45 am

Yoga theory class 12.00 to 1.00 pm

HEAR FROM HAPPY TEACHERS

Real stories of joy and growth from our yoga teachers



The 200hr TTC at 1000 Petaled Lotus was truly life changing. Dr. Kasi and his team are a wealth of knowledge and experience. They are professional, kind and most importantly patient. I wished the course never ended. It truly changed my life and the team will forever be in my heart.

KARINA ADARRAGA



Completing the RYT 200 course at 1000petaled lotus was a transformative journey that far exceeded my expectations. The instructors dedicated ample time to teaching not only the physical postures but also the deeper understanding of our bodies and how they move.

BADER BUKHARI



I would say If you want to understand true meaning of Yoga then Dr. Sundara kasinath is the best, he is the most knowledgeable yoga teacher I have come across. I have learnt a lots from him.

SHAZIA AZIZ



Extremely thankful to Dr Kasi , it was enlightening and unforgettable experience for me. Very well structured materials in combination with physical practice helped me build confidence and provided solid foundation in the art of Yoga.

TETIANA NAUMENKO



What a beautiful journey it has been with the 1000 petaled lotus team. Dr Kasi was extremely knowledgeable and very involved during our practice everyday day. I was really impressed on how he paid special attention to small details and remembered our strengths and limitations specifically

HIRA NADEEM



Embark on your yoga journey with us and witness your transformation firsthand. Your success story is waiting to unfold.



Join

US NOW



**Get Early
bird offer**

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👤 @1000petaledlotus

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