

# The Soulful Movement

## 200hr Yoga Teacher Training

Yoga Alliance Accredited · Hosted at The Sanctuary, Cairo · July – September 2026

A complete Yoga Alliance certified 200-hour teacher training that bridges modern science with ancient philosophy — designed for those ready to teach, and for teachers ready to go deeper.

Led by Mariam Azmi, founder of The Soulful Movement Yoga School, this program is built for serious practitioners who want to understand yoga from the inside out. Not just what to teach, but why — and how to deliver it with precision, presence, and depth. The program unfolds across four immersive weekend blocks between July and September 2026, hosted at The Sanctuary in Cairo.

<b>200</b> Total hours	<b>104</b> In-person hours	<b>40</b> Online hours	<b>56</b> Practicum hours	<b>4</b> Weekend blocks	<b>Jul–Sep</b> 2026
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### WHO IS THIS PROGRAM FOR

<b>Aspiring teachers</b> You have a committed personal practice and feel drawn to share yoga. You want a certification that is rigorous, internationally recognised, and rooted in both science and tradition.	<b>Existing teachers</b> You are already teaching and want to go deeper — into anatomy, philosophy, and the craft of sequencing. You want a structured framework that elevates your teaching to the next level.	<b>Serious practitioners</b> Teaching may not be your goal right now, but you want to understand your body and practice with the same rigour a teacher would. This program welcomes you.
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No prerequisites required. All that is asked is a genuine commitment to the practice and a readiness to show up fully for every session.

### MODULE 1 — ANATOMY & PHYSIOLOGY

Blocks 1 & 2 · Jul 2–4 and Jul 16–18, 2026

#### **Anatomy & physiology**

*Understanding the body as the foundation of safe, intelligent teaching*

Before you can teach the body, you need to understand it. This module builds a complete anatomical framework — from the skeletal and muscular systems to the nervous system and breath physiology — and applies it directly to yoga practice and teaching. You will learn to read bodies, adapt postures, prevent injuries, and explain the physical effects of yoga with confidence and precision.

<b>Thu 2 Jul 2026</b> Block 1 · Day 1	
08:00–09:30	Opening circle + morning practice
09:30–11:30	<b>Skeletal system — bones, joints &amp; spinal anatomy</b> Understanding the architecture of the body; spinal curves, joint types, and how structure informs movement.
12:00–13:00	Lunch break
13:00–15:00	<b>Muscular system — major muscle groups in asana</b> Prime movers, stabilisers, and antagonists; how muscles work together across pose families.
15:00–16:30	Applied anatomy lab — hands-on pose breakdown
16:30–17:00	Reflection & journaling
<b>Fri 3 Jul 2026</b> Block 1 · Day 2	
08:00–09:30	Morning practice — anatomy-informed sequencing
09:30–11:30	<b>Joints in depth — hips, shoulders, knees &amp; contraindications</b> The most common injury sites in yoga; how to modify intelligently for different bodies.
12:00–13:00	Lunch break
13:00–15:00	<b>Fascial system &amp; connective tissue</b> The role of fascia in flexibility, stiffness, and recovery.
15:00–16:30	Case studies — working with injuries in class
16:30–17:00	Q&A + daily close
<b>Sat 4 Jul 2026</b> Block 1 · Day 3	
08:00–09:30	Morning practice
09:30–11:30	<b>Nervous system fundamentals &amp; the stress response</b> Sympathetic vs parasympathetic activation; how yoga regulates the nervous system.
12:00–13:00	Lunch break
13:00–15:00	Biomechanics of key poses — standing, inversions, backbends
15:00–16:30	Block 1 integration + homework briefing
16:30–17:00	Closing circle
<b>Thu 16 Jul 2026</b> Block 2 · Day 1	
08:00–09:30	Morning practice + homework review
09:30–11:30	<b>Respiratory system — anatomy of breath</b> The mechanics of breathing; diaphragm and accessory muscles; how breath quality shapes the nervous system.
12:00–13:00	Lunch break
13:00–15:00	Pranayama physiology — how breathwork affects the body

15:00–16:00	<b>Breathwork session [breathwork]</b> A guided breathwork experience — lived in the body immediately after studying the science behind it.
16:00–17:00	Integration + debrief
<b>Fri 17 Jul 2026</b> Block 2 · Day 2	
08:00–09:30	Morning practice
09:30–11:30	Endocrine & immune systems — yoga's regulatory role
12:00–13:00	Lunch break
13:00–15:00	<b>Cold exposure physiology — nervous system &amp; recovery</b> The science of cold immersion; vagal tone, brown fat activation, and the relationship between cold and resilience.
15:00–16:00	<b>Cold plunge session [cold plunge]</b>
16:00–17:00	Integration + debrief
<b>Sat 18 Jul 2026</b> Block 2 · Day 3	
08:00–09:30	Morning practice
09:30–11:30	Anatomy of common injuries — prevention & modification
12:00–13:00	Lunch break
13:00–15:00	Module 1 assessment + practical exam
15:00–16:30	Homework briefing for August block
16:30–17:00	Closing circle

### What you will leave with:

- ✓ Complete anatomical vocabulary for teaching
- ✓ Ability to adapt poses for different bodies
- ✓ Confidence working with injuries & limitations
- ✓ Understanding of breath & nervous system physiology

## MODULE 2 — ART OF TEACHING, SEQUENCING & PRO SKILLS

Blocks 3 & 4 · Aug 27–29 and Sep 11–12 + Sep 24–25, 2026

### Art of teaching, sequencing & pro skills

*The craft of building and delivering a class that students come back for*

Knowing the body is not the same as knowing how to teach. This module goes into the art and craft of teaching — intelligent sequencing, cueing language, voice and presence, and the professional skills that separate a good teacher from an exceptional one. You will leave with a complete teaching toolkit and a clear sense of your own teaching identity.

<b>Thu 27 Aug</b> 2026 Block 3 · Day 1	
08:00–09:30	Reconnection practice + summer integration
09:30–11:30	Principles of intelligent sequencing Peak pose vs peak experience; arc of a class; how structure creates meaning.
12:00–13:00	Lunch break
13:00–15:00	Theme-based class design How to build a class around a concept, a sensation, or an intention without it feeling forced.
15:00–16:00	Breathwork session <b>[breathwork]</b>
16:00–17:00	Integration + debrief
<b>Fri 28 Aug</b> 2026 Block 3 · Day 2	
08:00–09:30	Morning practice — teacher perspective <b>[trainee led]</b>
09:30–11:30	Cueing language — voice, precision & embodied instruction Active vs passive language; speaking from sensation; how your words land differently on different bodies.
12:00–13:00	Lunch break
13:00–15:00	Cold exposure & nervous system recovery for teachers
15:00–16:00	Cold plunge session <b>[cold plunge]</b>
16:00–17:00	Integration + debrief
<b>Sat 29 Aug</b> 2026 Block 3 · Day 3	
08:00–09:30	Morning practice led by trainees <b>[trainee led]</b>
09:30–11:30	Voice, presence & holding space Reading the room; authority vs control; how to recover when a class goes sideways.
12:00–13:00	Lunch break
13:00–15:00	Sequencing lab — build & teach a 60-min class
15:00–16:30	Peer feedback session
16:30–17:00	Closing circle
<b>Fri 11 Sep</b> 2026 Block 4 · Day 1	
08:00–09:30	Morning practice + peer teaching warm-up <b>[trainee led]</b>
09:30–11:30	Adjustments & assists — ethics, consent & technique Hands-on and verbal adjustments; when to touch and when not to; building a culture of consent in your classes.
12:00–13:00	Lunch break
13:00–15:00	Teaching diverse bodies — modifications & inclusivity
15:00–16:30	Practicum round — individual teaching slots with feedback

16:30–17:00	Daily close
<b>Sat 12 Sep</b> 2026 Block 4 · Day 2	
08:00–09:30	Morning practice
09:30–11:30	Class management — timing, transitions & holding the room
12:00–13:00	Lunch break
13:00–15:00	The business of yoga — ethics, pricing & finding your niche
15:00–16:30	Practicum round — individual teaching slots with feedback
16:30–17:00	Daily close
<b>Thu 24 Sep</b> 2026 Block 4 · Day 3	
08:00–09:30	Morning practice led by trainees <a href="#">[trainee led]</a>
09:30–11:30	Module 2 final assessment + teaching evaluation
12:00–13:00	Lunch break
13:00–15:00	Individual mentorship conversations
15:00–16:30	Graduation ceremony — Modules 1 & 2
16:30–17:00	Closing celebration
<b>Fri 25 Sep</b> 2026 Block 4 · Day 4	
09:00–11:00	Closing practice — community teaching showcase <a href="#">[trainee led]</a>
11:00–12:30	Final reflections & peer appreciation circle
12:30–13:30	Lunch break
13:30–15:00	Certificate presentation & closing ceremony
15:00–16:00	Open Q&A — life as a yoga teacher

### What you will leave with:

✓ A reusable sequencing framework

✓ Confident cueing language & voice

✓ Skills to teach diverse bodies safely

✓ A defined personal teaching identity

### MODULES 3 & 4 — ONLINE & SELF-DIRECTED

#### Module 3 — Yoga philosophy & humanities (Oct–Dec 2026)

8 live Zoom sessions · bi-weekly · 2hrs each = 16 synchronous hours + 14hrs self-study

Topics: Yoga Sutras of Patanjali, Samkhya philosophy, the yamas & niyamas, history of yoga, cultural context & ethics of teaching

*Delivered online per Yoga Alliance guidelines — up to 30 hours of humanities content may be completed via live virtual classroom.*

### **Module 4 — Practicum & mentorship (Sep–Dec 2026)**

45hrs teaching practice — students lead real classes, logged and submitted for review

15hrs observation — attending and documenting classes with structured reflection

10hrs mentorship — individual and group calls with Mariam throughout the program

## **WHAT TO EXPECT**

### **What is a typical day like?**

Each day begins with a morning practice at 8:00am — either led by Mariam or, later in the program, by trainees themselves. Content sessions run through the morning and afternoon with a lunch break. Days close with reflection, Q&A, or group discussion. The rhythm is immersive but not exhausting — designed to allow real integration alongside rigorous learning.

### **What are the breathwork and cold plunge sessions?**

Two breathwork and two cold plunge sessions are integrated into the program at The Sanctuary — on the weekends of July 16–18 and August 27–29. These are scheduled intentionally alongside the relevant anatomy and physiology content, so the experience is anchored in understanding, not just sensation.

### **What happens between the in-person blocks?**

Between blocks, students work on assigned readings, self-practice logs, and begin their teaching practice hours. Online philosophy sessions run bi-weekly from October. Mariam is available for group check-ins between blocks to support integration and answer questions.

### **What do I receive upon completion?**

Graduates receive a 200-hour Yoga Teacher Training certificate from The Soulful Movement Yoga School, accredited by Yoga Alliance. This qualifies you to register as an RYT-200 with Yoga Alliance — an internationally recognised credential accepted by studios worldwide.

### **Can I join individual modules without completing the full program?**

Yes. Each module is designed to stand alone and can be taken independently. Completing all four modules and the practicum hours is required for the full 200hr YA certification.

## **PRICING**

Per module <b>23,000 EGP</b> Anatomy or Teaching module	Full 200hr pathway <b>65,000 EGP</b> All 4 modules + practicum + certification <b>Save 27,000 EGP</b>	Early bird <b>58,000 EGP</b> Available until 8 June 2026
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Breathwork and cold plunge sessions are included in the program fee. Meals are not included.

**Early bird rate of 58,000 EGP available until 8 June 2026.**

## ABOUT THE LEAD TRAINER

### **Mariam Azmi**

*Founder, The Soulful Movement Yoga School*

Founder of The Soulful Movement Yoga School, Mariam Azmi has trained with world-renowned teachers and completed over 2,500 hours of study across yoga, myofascial alignment, handstands, and biomechanics. With over a decade of teaching experience and workshops and trainings across the globe, she is known for bridging modern science with ancient philosophy. The Soulful Movement Yoga School is accredited by Yoga Alliance International.