KAMAL SAAD



Kamaleldein Saad Ali Edrees

Manual Osteopath | ERYT 500 | YACEP
Yoga Therapist | Massage Therapist

Healthcare Lecturer & Certified Trainer

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Professional Profile

Kamal Saad is a Dubai-based Healthcare Lecturer, Certified Trainer, Manual Osteopath, Yoga Therapist and Massage Therapist with more than seven years of UAE bodywork and corporate wellness experience. A graduate of the Ontario College of Osteopathy, he combines osteopathic education, Strain Counterstrain (full body and cranial), Myoskeletal Alignment Techniques and therapeutic movement with practical anatomy and client self-care education. He is an Affiliate Member of the Ontario Council of Drugless Osteopathy.

His main mentor is Dr Steve Sanet, D.O. Further study includes training with Randall Kusunose at the Jones Institute, USA, and education with Dr Erik Dalton and Dr Joe Muscolino. He has extensive yoga-teaching experience, having taught since 2013, and is the founder of Integrated Therapy Work. TVTC-accredited Training of Trainers and Training Materials Design credentials support his work in healthcare and wellness education.

Professional Credentials & Membership

- Affiliate Member — Ontario Council of Drugless Osteopathy.
- ERYT 500 — Experienced Registered Yoga Teacher; YACEP — Yoga Alliance Continuing Education Provider.
- Certified Yoga Therapist; extensive experience teaching yoga and therapeutic movement since 2013.

Diplomas & Academic Qualifications

Diploma in Osteopathy
Ontario College of Osteopathy, Canada | August 2021

Diploma in Myoskeletal Alignment Techniques (MAT)
Dr Erik Dalton | Freedom From Pain Institute, USA | MAT / Master Myoskeletal Therapist (MMT) training pathway

Diploma in Viniyoga Therapy — 300 hours
American Viniyoga Institute, USA | Viniyoga-based therapeutic movement and individualized practice

Level 3 Diploma in Body Massage
CIBTAC | July 2020

Anatomy, Physiology and Pathology Certificate
CIBTAC | July 2020

Bachelor of Veterinary Medicine
Suez Canal University, Egypt | 1998

Lecturing, Teaching & Training Experience

Lecturer and certified trainer in manual therapy, osteopathic principles, body mechanics and therapeutic movement, connecting practical bodywork experience with accessible professional education.

Corporate Wellness Trainer & Health Educator

B8 Architecture, Dubai, UAE | June 2022–Present | Manual therapy and wellness coaching responsibilities

- Conduct daily education sessions on body mechanics, ergonomics and postural health, including approximately one hour of employee training per day.
- Develop and deliver workplace wellness education focused on injury prevention, musculoskeletal health and sustainable movement habits.
- Explain body function and posture in practical terms, linking everyday work activities with self-care and movement strategies.
- Design training materials and educational content using adult-learning principles; use digital tools to support programme delivery and engagement.

Founder | Manual Therapist & Yoga Therapist

Integrated Therapy Work, Dubai, UAE | Current practice | Yoga teaching since 2013

- Combine manual therapy, osteopathic techniques and individualized yoga-therapy programmes in client care and wellness education.
- Teach postural awareness, assisted stretching and therapeutic movement, with attention to safe progression and individual needs.
- Educate clients in self-care, corrective movement and lifestyle strategies that support mobility and longer-term wellbeing.
- Develop and share workshop and continuing-education content for the yoga, manual-therapy and wellness community.

Educator & Training Qualifications

Training of Trainers (TOT) — 30 hours
Sahm Accredited Training Center, Saudi Arabia | January 2026 | TVTC-accredited

Training Materials Design — 15 hours
Sahm Accredited Training Center, Saudi Arabia | January 2026 | TVTC-accredited

Areas of Teaching Focus

- Applied anatomy, physiology, body mechanics and postural assessment.
- Manual osteopathy, therapeutic massage, soft-tissue work and Myoskeletal Alignment Techniques.
- Strain Counterstrain (full body and cranial), drawing on Jones Institute training.
- Viniyoga Therapy, assisted stretching, movement adaptation and graded movement education.
- Ergonomics, corporate wellness and practical injury-prevention education.
- Client communication, self-care education and scope-aware practice.

Teaching Approach

His educational approach links anatomical understanding with practical manual and movement skills. Demonstration, clear explanation and guided practice support learners in connecting body mechanics with bodywork and everyday applications. Teaching emphasizes individual needs, safe progression, accessible language and practical self-care rather than one-size-fits-all techniques.

Bodywork & Corporate Engagements

Manual Therapist & Wellness Coach

IMZ Holdings, Dubai, UAE | June 2022–Present | Client engagement

Manual-therapy and wellness-coaching engagement, drawing on his broader practice in postural health, body mechanics and therapeutic movement.

Manual Therapist

Karion Clinic, The Sustainable City, Dubai, UAE | March 2019–Present | Bodywork engagement

Manual-therapy engagement supporting individualized care for postural strain, soft-tissue tension, mobility limitations and persistent musculoskeletal discomfort.

Occasional Therapist

Central Bank of Abu Dhabi, UAE | Occasional client engagement

Occasional therapy services in an institutional setting, complementing his wider corporate wellness and manual-therapy practice.

Continuing Professional Development

Jones Institute, USA — Strain Counterstrain Training

Training in Strain Counterstrain (full body and cranial), including study with Randall Kusunose of the Jones Institute, USA. His earlier complete-body Strain Counterstrain workshop comprised 22 hours.

Learn Muscles, USA — Course Certifications

- Shin Splints; Frozen Shoulder; Arthrofascial Stretching; Body Mechanics; Stretching Workshop.

Additional Workshops & Advanced Technique Study

- Motion Is Lotion — Myoskeletal Techniques.
- Myoskeletal Techniques for the Shoulder, Arm & Hand.
- Dynamic Body — Myoskeletal Techniques for the Low Back, Hip & Leg.
- The Art of MAT — Freedom From Pain Institute.
- Muscle Energy Techniques Masterclass — John Gibbons.

Main Mentor & Further Professional Study

Main mentor: Dr Steve Sanet, D.O. — osteopathic education and professional mentorship, associated with the Ontario College of Osteopathy.

Further training and mentorship: Randall Kusunose (Jones Institute, USA; Strain Counterstrain), Dr Erik Dalton (Myoskeletal Alignment Techniques), Dr Joe Muscolino (anatomy and bodywork), and John Gibbons (muscle energy techniques). His yoga education includes study with Gary Kraftsow, Leslie Kaminoff and Eddie Stern.

Languages & Professional Information

Arabic — native. English — fluent.

Professional interests: osteopathic education; integration of manual therapy and therapeutic movement; practical anatomy; workplace wellness; accessible health education.

Additional qualification: Diploma in Digital Marketing & AI, applied to improve efficiency, productivity, the client experience and engagement in education and wellness programme delivery.

LinkedIn: Kamal SAAD. Professional references available upon request.