

200 and 350-Hour Yoga Teacher Training with Well Within Reach Yoga and Meditation Yoga Australia Accredited Brisbane, Australia



*Well Within Reach offering
200- and 350-Hour Yoga Teacher Training
1st April- 30th September 2026*

*See website <https://wellwithinreach.com.au> for full details or
email Monica Braithwaite at
yoga@wellwithinreach.com.au*

200-Hour Program - 6 Month Intensive

1st April - 30th September 2026



200-hour training

- ◊ 60 hours across all Conceptual competencies
- ◊ 135 hours across all Procedural competencies
- ◊ 5 hours across all Professional competencies

Online Study = 128 hours + Practical Immersion = 72 hours

Recommended Resources workbook is incorporated within all 3 components of the study hours listed below.

ONLINE STUDY (6 months)

Conceptual Knowledge = 60 hours

- Module study and assessment

= 10h per month

Professional Practice = 5 hours

Reflections and Service

= 50 min per month

Procedural Practice (Online) = 63 hours

- 36 hours self-study (6h per month)
(Asana Handbook & Muscle Motion App)
- 27 hours logged practice (4h 30min per month) can be completed at a gym, yoga centre or online

ONLINE PER MONTH: 21h 20min

(approximately 5h 20min per week)

PRACTICAL IMMERSION (6 months)

Procedural Practice (Practical) = 72 hours

- 12 hours per month for 6 months
- 3-day intensive Monday, Tuesday and Wednesday
- 8:00am-12:00pm
- 4 hours per day

Immersion Dates: Monday/Tuesday/Wednesday

- April 27-29
- May 25-27
- June 29-July 1
- July 27-29
- August 24-26
- September 28-30

PRACTICAL PER MONTH for 6 months = 12 Hours

(approximately 3h per week, to show breakdown of monthly training-please note only offered monthly)

Online Study 21h 20min + practical 12 hours = 33 hours 20 mins per month

Weekly commitment: approximately 8h 20min (5h 20min online + 3h practical)

Participants complete both online study and practical immersion in 6 months = Completion date is 30th Sept 2026

350 Hour Program - 6 Month Intensive

1st April - 30th September 2026



Online Study = 206 hours + Practical Immersion = 144 hours

350-hour training

- ◊ 95 hours across all Conceptual competencies
- ◊ 220 hours across all Procedural competencies
- ◊ 10 hours across all Professional competencies
- ◊ Plus additional specialties

Recommended Resources workbook is incorporated in all 4 components within the study hours listed below.

ONLINE STUDY (6 months)	PRACTICAL IMMERSION (6 months)
Conceptual Knowledge = 95 hours <ul style="list-style-type: none">• 65 hours module study and assessment• 30 hours recommended module study <p>= 15h 50min per month</p>	Procedural Skills (Practical) = 144 hours <ul style="list-style-type: none">• 24 hours per month for 6 months• 3-day intensive Monday, Tuesday and Wednesday• 8:00am-12:00pm, 1:00pm-5:00pm• 8 hours per day• 24 hours per month
Professional Practice = 10 hours <ul style="list-style-type: none">• Reflections and Service <p>= 1h 40min per month</p>	Immersion Dates: Monday/Tuesday/Wednesday <ul style="list-style-type: none">• April 27-29• May 25-27• June 29-July 1• July 27-29• August 24-26• September 28-30
Procedural Skills (Online) = 76 hours <ul style="list-style-type: none">• 60 hours logged practice (10h per month)• 16 hours self-study (2h 40min per month) <p>(Asana Handbook & Muscle Motion App)</p>	
Additional Specialties = 25 hours <ul style="list-style-type: none">• Pre and Post Natal Yoga• Yoga for the Elderly <p>= 4h 10min per month</p>	
ONLINE PER MONTH: 34h 20min (approximately 8h 35min per week)	PRACTICAL PER MONTH for 6 months = 24 Hours

Online Study 34h 20min + practical 24 hours = 58 hours 20 mins per month

Weekly commitment: approximately 14h 35min (8h 35min online + 6h practical per week)

Participants complete both online study and practical immersion in 6 months = Completion date is 30th Sept, 2026