

# 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  
1<sup>st</sup> April- 30th September 2026  
See website <https://wellwithinreach.com.au> for full details or  
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# 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)	PRACTICAL IMMERSION (6 months)
<p><b>Conceptual Knowledge = 60 hours</b></p> <ul style="list-style-type: none"><li>• Module study and assessment</li></ul> <p>= 10h per month</p>	<p><b>Procedural Practice (Practical) = 72 hours</b></p> <ul style="list-style-type: none"><li>• 12 hours per month for 6 months</li><li>• 3-day intensive Monday, Tuesday and Wednesday</li><li>• 8:00am-12:00pm</li><li>• 4 hours per day</li></ul>
<p><b>Professional Practice = 5 hours</b></p> <p>Reflections and Service</p> <p>= 50 min per month</p>	<p><b>Immersion Dates: Monday/Tuesday/Wednesday</b></p> <ul style="list-style-type: none"><li>• April 27-29</li><li>• May 25-27</li><li>• June 29-July 1</li><li>• July 27-29</li><li>• August 24-26</li><li>• September 28-30</li></ul>
<p><b>Procedural Practice (Online) = 63 hours</b></p> <ul style="list-style-type: none"><li>• 36 hours self-study (6h per month)</li></ul> <p>(Asana Handbook &amp; Muscle Motion App)</p> <ul style="list-style-type: none"><li>• 27 hours logged practice (4h 30min per month) can be completed at a gym, yoga centre or online</li></ul>	
<p><b>ONLINE PER MONTH: 21h 20min</b></p> <p>(approximately 5h 20min per week)</p>	<p><b>PRACTICAL PER MONTH for 6 months = 12 Hours</b></p> <p>(approximately 3h per week, to show breakdown of monthly training-please note only offered monthly)</p>

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

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