



LAYA WELLNESS

Laya Wellness 350 Hour Yoga Teacher Training

A Return to the Heart of Yoga

JANUARY 31ST - DECEMBER 13TH 2026

at Westside Yoga, Seddon

www.layawellness.com.au





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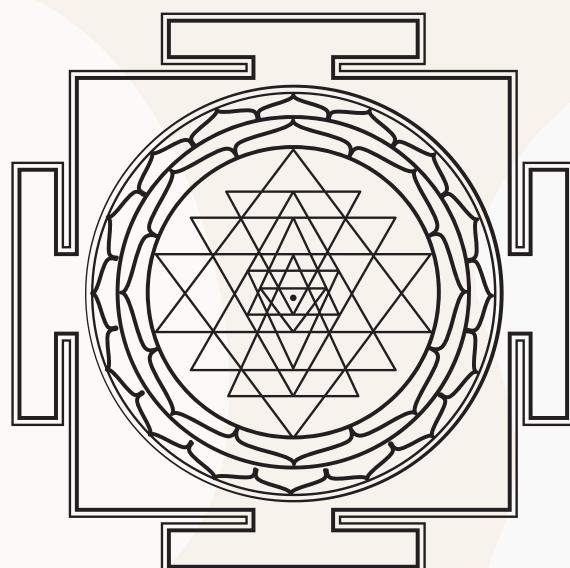


About this training

Born of a heartfelt desire to share with others the rich history, incredible insights and powerful techniques (both ancient and modern) of Yoga, this 350 hour training combines the practical aspects of how to intelligently, confidently and safely teach physical *asana* - postural - practices, with a deep dive into the philosophies of Yoga and a look at some of the ancient texts that first recorded them. The lectures will cover both the more dynamic practice of Hatha-Vinyasa Yoga, and the perhaps subtler, stiller practice of Yin Yoga. Over the course of one year, 350 hours of lectures, classes, workshops, teaching rounds, and time spent together on a beautiful 3-night retreat here in Victoria, we'll draw on present-day research and understandings, as well as the classical observations of Yogis past, as we delve into human anatomy and Yogic physiology; philosophy, lifestyle & ethics; teaching methodology; and the techniques, training and practices of Yoga.

The format of the course - fortnightly lectures structured around four terms over the course of a calendar year - has been designed to allow students to marinate in the teachings and to begin to incorporate them into their life both on and off the mat as we continue along the path, with guidance and support from senior teachers throughout. At the end of the year together, graduates wanting to go on to teach should feel confident in leading classes of both "Vinyasa Yoga", and its more recent sibling, "Yin Yoga".

Whether you are looking simply to learn more about the practices you've grown to love, or are already keen to be able to share it with others as a teacher yourself, we are so looking forward to embarking on this journey with you.



Course structure



Undoubtedly, there are benefits to both styles of course-delivery, but we have chosen to adopt the slow-drip 'tortoise' approach over and above the rapid, all-in 'hare' approach to bring this training to you, recognising that information-overload, and its associated problems with retention, is a very real thing - particularly in the present day where so many things are competing for our attention. Our 350hr YTT will therefore roughly follow the Victorian school term time-table over the course of four terms throughout 2026, with lectures taking place fortnightly on weekends, and culminating in a 3-night immersive retreat together here in Victoria. The lectures themselves are each 4.5 hours, and teaching days will begin or end with either a class led by one of the course faculty, themed around the weekend's topics, or an opportunity for Yoga Teacher Trainees to begin putting into practice what you've been learning.

COURSE DATES

Term 1: Jan 31st - Mar 29th

Term 2: Apr 25th - Jun 21st

Term 3: Jul 18th - Sep 13th

Term 4: Oct 10th - Dec 6th

Retreat: Dec 10th - Dec 13th

Lectures/attendance times: Saturdays 10am - 4:30pm & Sundays 10:30am - 4:30pm, (fortnightly)
Saturday mornings will begin with attendance at the 10am Flow class, followed by a short break - the class each fortnight will touch on themes being explored during the weekend's training. The lecture itself will then run from 12pm - 4:30pm.
Sunday mornings will begin at 10:30am either with a private class for the YTTs, themed around the afternoon's lecture, or, as we get further along the path on the training, as an opportunity for YTTs to begin to practise teaching one another. Like Saturdays, the lecture will run from 12pm to 4:30pm.

Teaching Rounds

Over the course of the year, there will be opportunities to practise teaching fellow YTTs ('Teaching Rounds') and, eventually, for those who want to, guiding community classes at the Laya Wellness shalas - the Teaching Rounds will be held both on occasional non-lecture weekends and during the week at various times to maximise opportunities for attendance. Students will be required to attend a minimum of 10 Teaching Rounds throughout the training - teaching x5 and practising x5. There will also be plenty of teaching practice opportunities during the teaching methodology lectures.

Workshops

Throughout the year we'll be running extra-curricular workshops open to the wider public at which your attendance is encouraged to a minimum of 10 hours (4 - 5 workshops). Gratis spaces will be held open for YTTs. These are a great way to delve a little deeper into topics being touched on during the training which you might want to explore further.

Self-paced module (online)

One module, focused on meditation, will be delivered via pre-recorded video, to be consumed in your own time, with regular meditation sessions offered online throughout the year to support this crucial element of your Yoga practice.

Immersive Retreat

An absolute highlight of this training is the 3-night retreat that will cap it all off. We'll spend 3 nights and 4 days together consolidating the year's learnings, taking the final exam, graduating and emerging fully fledged!



What will this training require from me?

Embarking on a Yoga Teacher Training can feel like a giant leap, and often we can find ourselves plagued by doubts: "I'm not ready"; "I'm too old/too busy"; "I can't do such-and-such a pose/I'm not good enough". The simple fact that you're reading this is already a pretty good sign that you're ready to take the plunge - that you have an inquiring mind and that you are looking to discover more about Yoga's rich history and teachings.

Prospective Yoga Teacher Trainees are required to have a minimum of 18 months prior commitment to their Yoga practice before the course start date, but what a Yoga Teacher Training requires from you, above all else, is a commitment to your own journey, and an openness to exploring, testing and perhaps challenging existing beliefs and ways of looking at the world.

Growth tends to happen at the edges - the edges of what we're already capable of, and the edges of what we already know. It's by pushing these (often self-imposed) limits, in a supportive and safe environment, that we evolve. This course is a year-long commitment to that growth, and is likely at various times to test those edges physically, mentally, emotionally and spiritually - we can't wait to test them with you.

One of the most common things we hear from students interested in enrolling in a YTT is that they're not sure if they want to teach or not. 9/10 of those students end up even more eager to share the myriad benefits of a Yoga practice with their friends/colleagues/patients/students than those who came in knowing they wanted to teach in the first place! Of course, there's nothing forcing you to go out and teach at the end of this 350hr training, but we have designed it to the very best of our abilities to give you the tools and the confidence to use what you've learned however you see fit. By the end, you should feel comfortable planning and delivering both Vinyasa and Yin Yoga classes, in your own unique and beautiful voice.

To graduate from this training and receive your 350Hr certificate in Vinyasa and Yin Yoga you will need to achieve:

1. 90% attendance of lectures;
2. 10x Teaching Rounds (5x teaching, 5x practising)
3. 10x hours of elective workshops
4. Attendance at the final retreat in December
5. A 'pass' on the final written exam



Course Dates

31 st Jan	What is Yoga?	1 st Feb	Surya Namaskar
14 th Feb	Muscular System & major muscles of flexion & extension	15 th Feb	Forward Folding asana
28 th Feb	Yoga Sutras	1 st March	Yoga Sutras continued
14 th March	Skeletal System & Joint Mechanics	15 th March	Skeletal variation & an intro to fascia
28 th March	Yoga Sutras continued & The Upanishads	29 th March	Back Bending asana
	EASTER BREAK		EASTER BREAK
25 th April	Yoga History & Philosophy	26 th April	Muscles of lateral flexion & muscles of rotation
9 th May	The Respiratory system; the Bandhas, Pranayama & Kriya intro	10 th May	Twisting & Sidebending asana
23 rd May	Muscles of the lower body	24 th May	Standing & Balancing asana
6 th June	Yoga Physiology - the Subtle Body	7 th June	Sequencing & Designing a Yoga class
20 th June	Field Trip	21 st June	Sequencing & Designing a Yoga class continued

While we will do our best to minimise any changes to the schedule, content order and lecture titles are subject to change



Course Dates

18 th July	The Upanishads continued, & the Bhagavad Gita	19 th July	Pranayama & Kriya continued
1 st Aug	Mythology & the Deities	2 nd Aug	Language, Refinement and Adjustments
15 th Aug	Language, Refinement and Adjustments cont...	16 th Aug	Nervous & Endocrine Systems
29 th Aug	Intro to Sanksrit language, Mantra & Chanting	30 th Aug	Muscles of the upper body
12 th Sep	Lymphatic, Cardiovascular, & Digestive systems	13 th Sep	Arm balancing & Inversions
	BREAK		BREAK
10 th Oct	Pre & Post-natal Yoga	11 th Oct	Trauma-informed Yoga
24 th Oct	Bhakti Yoga	25 th Oct	Yoga Nidra
7 th Nov	Yin Yoga - history & context	8 th Nov	Yin Yoga - postures, props & teaching
21 st Nov	Yin Yoga - postures, props & teaching	22 nd Nov	Yin Yoga - postures, props & teaching
5 th Dec	Meditation - with a Buddhist lens	6 th Dec	The Business & Ethics of Yoga
10th-13th December inc.: 3 night/4 day Immersive Retreat (in Victoria) Final Exam and Graduation!			

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Meet the faculty

Your core faculty will be comprised of Jaymala Sharma, David Gorrett and, from time-to-time, Mark Pheely, with additional support provided by an array of faces familiar to regular Westside Yoga students, and occasional guest/specialist lecturers.



JAYMALA



DAVID



MARK

Founder & Director of Laya Wellness Group, Jaymala has over 17+ years of Yoga teaching experience in India and Australia. Born in Rajasthan, India, she grew up practising Yoga under the guidance of her role model, her grandfather, and considers herself a lifelong student of Yoga. Jaymala is deeply grateful for the rich lineage and collective wisdom of all the teachers and Yogis she's been fortunate enough to learn from along the way.

Senior Leader at Laya Wellness Group, and a senior teacher loved by our community, David has over 7+ years and thousands of hours of Yoga teaching experience. He loves that Yoga's long history and complexity means there's always more to learn, and he seeks to spark the same kind of enthusiasm for discovering more about its philosophies and practices in his students, through embodied experience as well as by leaning on the teachings of those who have come before.

Mark Pheely is one of Australia's most loved and respected teachers of Yoga, Philosophy and Consciousness. He is known for his clear and direct insights into the nature of mind and living consciously. Using the platforms of Yoga, meditation and philosophy he guides his students to deep states of consciousness and connection. He has taught and led thousands of students through his classes, workshops, retreats, one-on-one mentoring and Yoga Teacher Training.

Course investment



Early Bird - \$5,950

Early bird pricing runs until August 15th - a 10% deposit is required with your application prior to this date to secure your place at the early bird rate.

Full Price - \$6,450

10% deposit received August 16th onwards.

Additional 40% required by October 15th.

The balance (remaining 50%) required by January 15th.

What's included?

Your course fee covers the training itself (40+ lectures, teaching rounds and more) and also:

- Full membership at Westside Yoga (including member access to all Laya Wellness shalas) for the duration of your training - value \$1,300
- 3x night/4x day retreat - value \$1,500 - meals and accommodation included
- Course workbook
- Selected workshops running at Westside Yoga throughout the year
- Mentoring opportunities with Jaymala, David and others

Cancellation policy

Cancellations made prior to October 31st will receive a full, 100% refund.

Cancellations made from November 1st onwards will not be refunded. However, if we are able to fill your place at the same price, you will receive a refund less a 10% admin fee.

How to apply

Thank you so much for your interest in embarking on this journey with us. Please send an email to david@layawellness.com.au to request an application form.

At the time of application you will also be required to transfer the 10% deposit to secure your place, should the application be successful.



www.layawellness.com.au



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