



## Yoga Mandir News

Term 1 has begun, and our trainees are now actively assisting in classes and the new intake for Yoga Studies has commenced. We have groups enrolled in both Foundation and Developing certificates. Our program encompasses regular weekly attendance in classes guided by a Teacher-Mentor, coupled with independent practice. Additionally, the program includes subjects in philosophy and Pranayama on Yoga Vidya. We encourage students to engage in discussions by posting their comments to the forums for each subject. These reflective statements not only enrich their learning experience but also foster dialogue with their Teacher-Mentor during the Student Interviews, providing depth and exposure to other participants in the programs. Below, you'll find some examples of these forum submissions.

In early March, we return to Bali for our annual weeklong visit coinciding with Nyepi (silent day). This extraordinary day sees the island come to a standstill as we reflect in silence, with all activities including flights to and from the island halted. There are still places available to join us for this profound experience.

This term, we reintroduce our early morning Intensives program. These week-long intensives, a hallmark of the school for more than 15 years, offer students a wonderful opportunity to immerse themselves in daily practice. Each morning from 6.30-9.00am, participants engage in both asana and pranayama, with the intensity progressing daily from Monday to Friday. Please note that there are changes to some of the regular morning classes during Intensive Week. Refer to the timetable for details. Over the years, many students utilised these intensives to deepen their practice experience.

Lastly, mark your calendars for the Neck and Shoulders workshop scheduled in late April. Our specialist programs are held twice each year so please take the opportunity to join us whenever these events are scheduled, as each specific program is likely to run every 2-3 years.

Best wishes to all.

Alan

## Adventure Yoga Retreat in Bali, Indonesia

with Alan Goode

8-13 March 2024



Bali Retreat

Early morning Pranayama as we look out over the sea at sunrise followed by a light breakfast before the Asana class.

After lunch you may rest with a book or take a boat along the coast to go snorkeling or simply lie low before the afternoon practice, dinner and an evening talk on some principle of Yoga. Join us 8-13 March

## Upcoming Events

For more information go to Upcoming Events on the homepage of our website.

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### Bali Yoga Retreat 2024

Following a wonderful visit in 2023, we're returning to Bali from 8-13, March 2024. Stay in beautifully appointed Bali-style bungalows nestled in lush tropical gardens along the beach. With mountains behind, a prominent volcano, and fine black sand beaches, the setting is stunning. Enjoy beachfront snorkeling and the option to hire small boats for trips to neighboring villages or snorkeling sites. <https://www.yogamandir.com.au/bali/>

### Intensive week.

Announcing our intensive scheduled for 8-12 April! Join us every day (Monday to Friday) from 6:30-9:00am for Asana and Pranayama class. Open to all and perfect for deepening your practice, these 5-day intensives are ideal for those living outside Canberra looking to connect with our community or exploring entry into the Teacher Development Program. Please note, studio attendance only. Bookings:

<https://www.yogamandir.com.au/intensive/>

### Yoga Studies-Saturdays

The Yoga Studies-Saturdays schedule is now available on our website. Click the link to access dates and details. Make sure you mark them in your diary. Visit:

<https://www.yogamandir.com.au/yoga-studies/>

### Reflective Practice-Session (RP-S) on P-04 Viloma Lying

Sunday 31 March 11.30-1.00pm is a 90 minute exploration of Viloma Pranayama. All welcome. Bookings <https://www.yogamandir.com.au/timetable/>

### Specialist Neck & Shoulder

The next of our Specialist programs is the Specialist-Neck & Shoulders. Join us for a weekend to explore the the range of practice modifications to help deepen your understanding of this complex area. Keep the date aside: 19-21 April Details: <https://www.yogamandir.com.au/sp-ns/>

## Weekly Timetable Term 1, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6.30am Established		6.30am Established			
7.30-8.30am Asana 1		7.30-8.30am Asana 2		7.30-8.30am Asana 2	7.30am Developing	
9.00am & 10.15am Private Consultations						
10.00am Developing	10.00am Slow paced	10.00-11.00am Pranayama	10.00am Slow paced	10.00am Developing	10.00am Foundation	
	4.00-5.15pm Therapy			4.15pm Private Consultations	12.00-1.15pm Yoga Basics	4.00pm Restorative
5.45pm Developing	5.45pm Developing	5.45pm Foundation	5.45pm Foundation	5.45pm Mature	1.30-4.30pm Yoga Studies	

## Yoga Vidya-Forum Submissions

Certificate of Yoga Studies  
Term 1, 2024

We have been receiving student submissions to the forums attached to our Yoga Vidya subjects being studied this term in the Certificate of Yoga Studies. Some samples below show the richness of these student reflections

### Y-01 Niyama. (covered in Yoga Studies-Developing Certificate 01)

'Because you are giving total attention to performing equally on the right and the left, there is no attachment or avarice, for when the soul is moving with the intelligence in the body, there is nothing to possess, nothing to seek. There is also freedom from greed, because motivation disappears: when motivation disappears, so does

possession, and with non-possession, acquisitiveness also comes to an end'. Tree of Yoga Pg 63.

I believe this quote reflects the true meaning of Santosa (contentment). When one eventually relinquishes the continual conflict between, desire, achievement, disappointment, pride, I-ness and simply sit with the here-and-now, one reaches Santosa.

#### T-Ph-04. Abhyasa & Vairagya. (covered in Yoga Studies-Foundation Certificate)

'I have struggled to find balance in Ardha Chandrasana since returning to the mat (after my last baby). I recently realised that I was working the limbs so hard to achieve the balance, that the rigidity of my muscles was causing me to fall out of balance and lose focus. I realised that I needed to soften and reduce the effort so I could tune in to the various points of balance. I'm still working on my hip rotation but noticing progress in each practice.

I have a tendency to over work within some asanas like salamba sarvangasana.. to achieve alignment and perfection. I noticed that I will put significant effort into working the legs but then collapse the shoulders. I continue shifting my weight to tolerate the balance. I notice this misalignment and pushing causes means I don't develop the quietening because I'm just holding tightly in that position. Sometimes I develop pain in upper body muscles for several days after over exerting'.

## Specialist-Neck & Shoulder Program



Specialist-Neck & Shoulders

Keep the date aside for the Specialist-Neck & Shoulders program. A fantastic weekend of exploration and learning as we develop an understanding of the neck & shoulders.

Bookings open in March for the session on the weekend 19-21 April.

There are 5 sessions commencing Friday evening through to Sunday afternoon.

Details:

<https://www.yogamandir.com.au/sp-ns/>

## Class passes & Monthly memberships

Unlimited monthly passes offer the greatest value to students and deliver considerable savings, however they cannot be extended under any circumstances. Access to the Class Archives are bundled with the unlimited monthly pass to accommodate for any travel or changes to routine. Simply contact the office to have access linked to your monthly membership.

The class archives can be enrolled directly on Yoga Vidya at  
<https://study.yogamandir.com.au/class-archive/>

Our 10-class pass is priced to offer value for those committing to one class per week.  
The 12-week expiry for a 10-class pass is designed to accommodate any absences,  
illness, or timetable alterations. Please consider these factors when purchasing passes.

### Hardship passes

Remember that the Yoga Mandir community continues to offer Hardship passes  
without cost for those in need. Email the office to request or renew a pass.

Visit the Website

or call us at +61 476 516 154



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