



Teaching Yoga Update

The image above captures a scene from the Bhagavad Gita where Krishna and Arjuna are in dialogue about the way we understand the world around us. One of the key elements in the text is that how we make sense of the things that happen in our lives changes everything. Our ability to act, and the quality of those actions, is drawn from how we understand ourselves and our motivation. This theme from the Gita is embedded in the development of Yoga Mandir programs. For example the school has both an asana and a philosophy syllabus at each level so that students are exposed to the practice and principles of Yoga systematically and in an integrated way. The Yoga Studies Certificate program deepens that exploration and may provide a pathway for those wishing to train as teachers. This emphasis on both the details of practice and the principles that guide us is central to the life of the school.

Beginning 2024, enrolment in any term of our Teacher Development (TD) program includes enrolment in philosophy and pranayama subjects. Together with the Theory Teaching subjects, these bring a depth and breadth to the program that I can confidently say is unmatched anywhere else.

Previously this material was only accessible to those enrolled in a current term, but it is now possible to enrol in any of these subjects individually, directly on Yoga Vidya. So whether or not you will be attending Teacher Development, you can participate in your own reflective study reading articles, watching short video and audio extracts of the Iyengars teaching, as well as practice to recorded classes from the Yoga Mandir archive with content specific to the area of study you are involved in. All these subjects are now set to lifetime enrolment.

I first began recording classes in 2008 with a small audio recorder and have continued since that time with ever more sophistication and tech advances. I transitioned (reluctantly) to zoom when the pandemic hit due to the support and persistence of Ela Majocha, Christine Punzmann and Diane Taylor. This extraordinary catalogue is documented (with close to 1,000 classes recorded on zoom alone) and this library will continue to support those who access the programs on Yoga Vidya.

Changes to Teacher Development attendance outlined in previous communication (December 2023) are now in place. The return to a 7-day attendance will be valuable for any Trainees or Certified teachers attending from interstate. The longer attendance allows for participants to engage fully in the life of the school and to observe the development of our student body across all levels of the Yoga Mandir syllabus.

Lastly, our week-long intensives return to our regular program. Anyone considering applying to join the Teacher Development program is advised to contact Sabrina at training@ to arrange to attend one of these intensives. This will give you an opportunity to experience the life of the school as well as to arrange an interview with me.

Best wishes
alan

Bali Adventure Yoga Retreat with Alan Goode 8-13 March, 2024



Morning pranayama class

After the morning practice take a walk along the beach or a swim in the ocean. Reflect upon some of the points from yesterday evening's discussion on the sutras, or consider the issues raised and how they manifest in your own life. As a reflective practice yoga is not about alignment and technique, but about what it is to be a human being. All of us need to step away from time to time, to be with ourselves and reflect.

Details: <https://www.yogamandir.com.au/bali/>

Enrolment Dates 2024

Teacher Development

Term	Dates	Attendance week	Enrolments close
Term 1	29 January-14 April	8-14 April	24 January 2024
Term 2	29 April-7 July	27 May-02 June 2024	12 April
Term 3	22 July- 29 September	29 July- 04 August 2024	5 July
Term 4	14 October-21 December	11-17 November 2024	27 September

Upcoming Events

Term 1, 2024 events are listed here

Prospective applicant Intensive. 8-12 April

We have a week-long intensive scheduled for 8-12 April. Each day (Monday to Friday inclusive) the group meets from 6.30-9.00am for asana and Pranayama class. These 5-day intensives are ideally suited for those wishing to deepen their practice experience. Students living outside Canberra seeking to connect to our community and those considering an application to join the Teacher Development Program, should consider enrolment in these intensives. Studio attendance only.

Teacher Development

Our next Teacher Development 7-Day attendance will run **8-14 April**. Bookings are now closed but please put the dates in your calendar for term 2. Booking is via the Teacher Development page on our website.

Specialist-Neck & Shoulder Program

The Specialist-Neck & Shoulder program is one of a series of specialist programs offered within the Institute. The specialist programs are developed to assist students to develop greater confidence in their practice and to equip them with techniques and modifications such that participation in the practitioner Yogasana courses is possible. Specialist Programs are essential for teachers of Yoga. Save the date 19-21 April 2024. Cost \$320 (includes weekend workshop and lifetime enrolment in Yoga Vidya subject).

Specialist-Neck & Shoulders Workshop



Cervical spine support in standing asanas

The 3 day workshop together with the Yoga Vidya Resources provide a comprehensive resource for working with your practice and with students attending classes. Yoga Vidya content contains articles, and video recordings of adjustments to practice and modifications to asanas along with information on the structure and function. We cover a number of conditions including Cervical Spondylosis, whiplash, Frozen shoulder and Rotator cuff impingement. The full program provides a balance of objective knowledge and subjective experience

Yoga Vidya-Forum Submissions

Teacher Development Term 1, 2024

We have been receiving student submissions to the forums attached to our Yoga Vidya subjects being studied this term in the TD program. Participants in this term are studying Y-02 Yama and the Yoga Vidya subject includes forum submissions reflecting on your experience of Yama. Some samples below show the richness of these student reflections

Y-02 Yama. (included in Teacher Development in Term 1, 2024)

Forum Submission 01. 'The sensitive awareness of the body and the intelligence of the brain and the heart should be in harmony. The brain may instruct the body to do a posture, but the heart has to feel it too.' Iyengar

The heart is the seat of our deep feelings of compassion and kindness (ahimsa) towards ourselves and others and is the gateway to our freedom. Iyengar is letting us know that the 'intelligence of the brain is imagination but what the body feels is fact'. Will power alone without the ingredient of ahimsa will not progress our practice. Listening to what the body is saying requires sensitive awareness with ahimsa to allow the mind to settle into what is possible on the day. Each day requires harmonising mind and body intelligence into a state of benevolence and ahimsa.

Forum Submission 02. 'The attempt to stay focused and attentive is a way of applying non-violence. Distraction and inattentiveness can lead to injury. I like trying many ways to "trick" my mind into concentration, and be very careful and attentive, so my body doesn't get injured in practice'.

Subjects are ordered into 12 terms and will continue to rotate. A subject covered in term 1 2024 will be repeated in term 1 2027. This allows individuals to plan attendance and engagement with the material

The table below lists the subjects covered each term, which include Philosophy, one Pranayama and one teaching theory or Yogasana subject. An additional column of recommended subjects is included

Teacher Development	Philosophy	Pranayama	Yogasana, Teaching	Recommended But not essential
Term 2024-01		P-04	Y-02	T-Ph11
02	T-Ph23	P-10		T-Ph10
03	T-Ph25		T-T07	T-Ph05
04	T-Ph19	P-03		T-Ph08
Term 2025-01	T-Ph01		T-T01	P-14
02	T-Ph04		T-T02	P-02
03	T-Ph03		T-T03	P-01, T-Ph06
04	T-Ph02		Y-01	P-07
Term 2026-01	T-Ph17		T-T04	P-05, T-Ph22
02	T-Ph07		T-T08	P-12, T-Ph21
03	T-Ph09		T-T06	P-09, T-Ph24
04	T-Ph20		T-T05	P-08, T-Ph26

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