
Yoga Mandir Update

1 message

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Yoga Mandir News

I've just returned from the Bali Retreat where we spent glorious days practicing in our Retreat Centre on the beach. This extraordinary island of abundance provides the support for students to deepen their practice and to reflect on their lives. I feel privileged to be able to teach and work in such a beautiful location.

Looking ahead I'm pleased to see that the next in our specialist programs is due to be conducted on the weekend of 19-21 April. The Specialist Neck & Shoulder weekend is underpinned by an extensive range of resources on Yoga Vidya. Details of the program are provided below but please book early as places are limited.

A return to our early morning intensive program that will align with the Teacher Development week of study brings back a dimension to the school program that allows individuals to experience the depth of what Yoga has to offer. Please book early as numbers are limited. It is also an important pathway for anyone wishing to apply for Teacher Development. If you are considering a pathway into teaching whether local or interstate applicant attend the week and meet with Alan.

I am pleased to be invited to give a presentation at the NGA (details below) linked to the Jordon Wolfson exhibition-Body Sculpture. In this talk I will explore the role that the mind plays in determining how we perceive the world. I will discuss how the senses

interact actively with objects, rather than receiving the world passively. The talk will consider where experience is formed.

Since the pandemic and our move to new premises I have endeavored to reconfigure the school for the future. Investing in technology, the new premises and above all the depth of our programs to make Yoga, in its entirety, available to those who are interested to delve deeply. This transition has allowed us to consolidate the Yoga Studies and Teacher Development programs. The last 3 years has seen the transfer of Yoga Vidya onto the new platform whilst I have begun to travel again to promote the school and its programs to a wider audience. On so many levels we have been successful and continue to be leaders in the field.

In February, we encountered a significant challenge with a 30% rise in our rent, which stands as our most substantial expense. This necessitates a shift in focus towards ensuring the school's sustainability, aligning class prices with the true expenses of our operations. These decisions demanded careful consideration, weighing the feasibility of accommodating overheads through student numbers and growth against the need for the potential program adjustments. As we embark on our third year in our current location, I've gained a deeper understanding of our financial landscape, enabling a thorough assessment of our overheads and prompting the adjustments outlined below.

While there will be increases in prices, we remain committed to supporting students facing financial difficulties through our hardship passes. Simply email the office for assistance.

Recognising that rising costs may strain household budgets and prompt reflection on the school's value, it's imperative to acknowledge the genuine expenses associated with our services. Failure to do so jeopardises the school's future.

We sincerely hope for your continued support in upholding the school's mission.

Best wishes to all
Alan

Price Increase

from 1 April 2024

As of 01 April, the following prices will apply

- Single class. \$30/ \$27 concession
- 10 class pass \$270/ \$250 concession
- Monthly membership \$290
- Private consultation \$140
- One-on-One private classes \$130
- Therapy classes \$300 (5 sessions)
- Yoga Vidya Subjects will rise to \$79 per subject for lifetime enrolment

- Yoga Vidya Specialist subjects. Cost remains unchanged \$129
- Teacher Development. Cost remains unchanged
- Certificate of Yoga Studies. Cost remains unchanged
- Yoga Studies-Saturdays \$50

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/>

Upcoming Events

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

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Beginner Basics

Start the year with our introductory sessions titled Beginner Basics. The next session is this Saturday 23rd March. Click here for details: <https://www.yogamandir.com.au/beginners/>

National Gallery Australia presentation by Alan Goode linked to the Jordon Wolfson exhibition - Body Sculpture

In this talk I will explore the role that the mind plays in determining how we perceive the world. I will discuss how the senses interact actively with objects, rather than receiving the world passively. The talk will consider where experience is formed. Does taste exist in the object or on the tongue?

Friday 5 April 2024, 12.00-12.45pm Bookings on the NGA site

<https://nga.gov.au/events/taste-is-on-the-tongue-body-sculpture-and-the-11-senses-of-yoga/>

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. This 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. The next session is this Saturday 23 March 1:30-4:30pm. Join us and delve deeper into Yoga. All welcome.

Click the link to access more 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/>

Closed for Easter

Yoga Mandir will be closed for the Easter period.

There will be no classes on Friday 29 March through Monday 1 April.

Classes resume on Tuesday morning 2 April on the full timetable



Yoga Vidya-Forum Submissions

Certificate of Yoga Studies

Term 1, 2024

Following are more 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)

"Analysis in action is the only guide. You proceed by trial and error. As the trials increase, the errors become less. Then doubts become less, and when the doubts lessen, the effort also becomes less. But when you find the right method, the

effort becomes less because the energy which dissipates into various areas is controlled and not dissipated further.” Tree of Yoga pg. 40

This has become very relevant as I spend more time in a home practice where the variables and the effort are at my discretion and control. In a class the teacher is putting boundaries on what is tried and offers corrections either general or specific which lead to a sense of contentment across a practice... ..I am encouraged to understand that trial and error is necessary to find santosa and a state when energy and blood dissipate in a controlled way.

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

‘In the asana Vrksasana, although my main focus has always been to remain upright and not topple over, I have recently discovered that I have also been distracted by my desire for my bent leg to be seen to be “suitably” outward facing. I found I had been striving for a picture-perfect Vrksasana while struggling to attain or retain my balance. In this particular class I found myself adjusting my focus from the bent leg to my standing leg, to the thigh of the straight leg and that it was turned inwards. The bent leg was not like any “Instagram photo” I have seen but I was calmer and my balance was steadier’.

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



Yoga Mandir

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