



## Yoga Mandir News

Some years ago, I had a period of living alone for 6 months and took the opportunity to study the Bhagavad Gita. I spent my weekends dedicated to immersing myself in its verses, absorbing the perspectives of various commentators, and integrating the profound content into my being through reading, listening and contemplative walks. The Bhagavad Gita is a wonderful text written in Slokas (verses), which truly comes to life through insightful commentary. When our previous website collapsed I was unable to access this content. Recently, I was able to resurrect much of the content and whilst I was in Bali I worked this material into a new subject on Yoga Vidya.

The Gita asks a fundamental question. Is it the world around us or the world within which is most real?

The subject on Yoga Vidya explores the richness of the Gita and the paths it offers to come to understand oneself. Through his course, we seek to identify the main themes in the text and its influence on Iyengar Yoga. It includes a richness of recordings and articles by the Iyengar family. Including a series of audio recordings of talks given by Geeta Iyengar. This subject will soon be available for enrolment. Watch this space!

<https://study.yogamandir.com.au/philosophy-subjects/>

The early morning intensive from April 8th to 12th provides a wonderful boost for anyone wishing to deepen their practice. It's highly recommended for those interested

in applying for the midyear Teacher Development intake which commences in term 3 (22 July). Whether you're a local or interstate applicant considering a career in teaching, attending an Intensive week (in studio) and meeting with Alan is essential. Expressions of interest are currently open for the midyear intake for teacher development. See the website for more details.

<https://www.yogamandir.com.au/teacher-development/>

The upcoming Specialist Neck & Shoulder weekend is scheduled for April 19th to 21st and is supported by a comprehensive array of resources available on Yoga Vidya. Below, you'll find program details, and please note that bookings will be closing shortly. Enrolled participants will receive access to the resources a week prior to the weekend event.

Lastly, if you're considering enrolling in the Certificate of Yoga Studies, our midyear intake will commence on July 1st, with the program starting in term 3 on July 22nd. If you have any inquiries, reach out to one of our teachers.

Best wishes to all  
Alan

## Specialist-Neck & Shoulder Program



Specialist-Neck & Shoulders

Enrol now in the Specialist-Neck & Shoulders program. A fantastic weekend of exploration and learning as we develop an understanding of the neck & shoulders.

Bookings are open 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.

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

### Intensive week

Our intensive week scheduled for April 8th to 12th is available for in studio and virtual enrollment. Virtual attendees will receive a recording that will be available for 3 days.

Join us every weekday (Monday to Friday) from 6:30-9:00am for an Asana and

Pranayama class. Open to everyone, this 5-day intensive is perfect for enriching your practice. It's especially beneficial for individuals residing outside Canberra who wish to connect with our community or are considering entry the Teacher Development Program. If your intention for enrolling is to apply for Teaching Development you must attend in studio.

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

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

Join us for a 90 minute exploration of Viloma Pranayama on Sunday April 14th 11.30-1.00pm. All are welcome to attend.

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. Spaces are limited. Join us 19-21 April.

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

### **Beginner Basics**

Do you have any friends wanting to start Yoga. Share the following information about our introductory sessions titled Beginner Basics. The next session is this Saturday 27 April.

Click here for details: <https://www.yogamandir.com.au/beginners/>

### **Yoga Studies-Saturdays**

The Yoga Studies-Saturdays schedule is now available on our website. The next session is this Saturday 27 April 1:30-4:30pm. Join us and delve deeper into Yoga. All welcome. Click the link to access more dates and details.

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

## **Weeklong Intensive** 8-12 April 2024

Running Monday to Friday 6.30-9.00am the intensive is a week to experience the benefits of daily practice and to expose yourself to daily pranayama.

Each morning will consist of an asana session followed by a short transition to a pranayama session.

Details and booking:  
<https://www.yogamandir.com.au/intensive/>



# Yoga Vidya Focus

Term 2, 2024

Whether you're joining Yoga Vidya for the first time or returning we highly recommend that you enrol in the subject focus for term 2, 2024.

## **T-Ph23. The conscious pause.**

There are three transformations which take place in meditation. At the very beginning of his Yoga Sutras, Patanjali says that stillness of the mind is yoga. Later, he says that when a person is trying to still the mind, there is an opposition which occurs as new thoughts or new ideas arise in the mind.

This subject explores the conscious pause through the Learn/ study/ Practice modes and participant submissions using guided readings to frame the reflections. T-Ph23 is a lifetime enrolment.

Enrol at <https://study.yogamandir.com.au/courses/t-ph23/> and take a journey with us into the heart of yoga with practice based study.

## **P-10. Bhastrika & Kapalabhati**

'Bhastrika means bellows: air is forcibly drawn in and out as if using a pair of bellows. In all other types of pranayama inhalation sets the pace, the pattern and the rhythm for exhalation, but in bhastrika exhalation sets the force and the pace. Here both out and in-breaths are vigorous and forceful. The sound is like that made by a blacksmith's bellows'. This subject reviews the literature along with multiple video & audio explanations by Geeta Iyengar. P-10 is a lifetime enrolment. P-10 is a lifetime enrolment

Enrol at <https://study.yogamandir.com.au/courses/p-10/> and take a journey with us into the heart of yoga with practice based study.

## 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.