



Yoga Mandir News

Dear Students,

I have just returned from Europe and pleased to be back in the school and classes. The trip itself was rewarding and as I've noted to you on previous occasions it is a privilege to work alongside a colleague where we exchange views discuss current trends and potential futures. The last days included the conference on Yoga and Christianity which turned out to be a wonderful event and so much crossover in these two spiritual traditions. If I am to summarise what I heard from other speakers was that coming closer to oneself was part of spiritual practice. No matter which religious tradition you come out of, or your own personal beliefs, Yoga assists in this process of interiority and self-reflection. The program recordings from the event along with interviews and articles will be made available in the coming month.

Yoga Studies-Saturday is on this weekend and our focus will be on 'An Experience of Concentration'. In his book Tree of Yoga Iyengar positions Dharana as an outcome, noting that when the practice is effective it delivers concentration and continuity of awareness. Please book to join me.

Please remember, we will be hosting an assessment for teachers on the weekend of 21-22 September. This Level 3 teacher assessment of teachers is the highest level assessed in Australia and successful candidates are able to train teachers and conduct therapy classes. Candidates are assessed by a panel of 3 assessors drawn from around

the country under the guidance of a senior moderator. It is a rigorous assessment which ensures that lineage is maintained. Over the weekend there are no Saturday classes.

Put the date aside for the Breathing & Circulation workshop in November and following our established format the weekend workshop is supported by the online subject on Yoga Vidya. Details below.

And finally, as I look now towards the end of the year, I am aware that January will include the retreats in Udaipur and Varanasi and these dates are closing fast. I would encourage anyone considering attending to book shortly as rooms may not be available as we get closer to the event. This year I plan to focus on the Bhagavad Gita in Udaipur whilst Varanasi will focus on the Yoga Sutras and the 2 subjects mentioned below will be used as reference for these unique events.

Best wishes
Alan

Adventure India 2025

with Alan Goode

In January 2025 Alan will be returning to India with 2, week-long adventure retreats. We visit Udaipur where we sit looking out on the lake palace as we focus on the Bhagavad Gita. Through morning and evening practice we discuss and explore the themes and questions of the Gita. Details:

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

We move to Varanasi, home of the Gods and one of the longest inhabited cities on earth where we practice on the banks of the Ganga as we sit amongst the pilgrims and boats ply the river. Our study focus will be the Yoga Sutras of Patanjali. Details: <https://www.yogamandir.com.au/varanasi-2/>



Sacred India

Upcoming Events

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

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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 Saturday 14 September.

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 14 September 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/>

Specialist-Breathing & Circulation

8-10 November 2024



Breathing & Circulation

The next in our Specialist programs is scheduled for 8-10 November. Iyengar writes. 'Asanas and pranayama are the fountain and source for all the other aspects of yoga, because the whole human system is dependent on the respiratory and circulatory gates'.

The Specialist-Breathing & Circulation program aims to equip students with techniques and modifications so that they are able to practice with confidence.

<https://www.yogamandir.com.au/sp-sh01/>

Yoga Vidya Subjects

We have 2 important subjects on Yoga Vidya to bring to your attention with special relevance for those considering joining the Adventure retreats in India in January 2025.

T-Ph27 The Bhagavad Gita

Over 15 years ago I began to study the Bhagavad Gita.

Reading, listening and practicing to understand the content and its nuance. I recently completed this subject and it is now presented as a lifetime subject on Yoga Vidya. The subject contains many voices and perspectives on this wonderful text as well as 45 audio lectures by Geeta Iyengar on the Gita. The subject is presented in the main themes of the Gita and looks at its connection to the Yoga Sutras of Patanjali.

<https://study.yogamandir.com.au/courses/t-ph27/>

T-Ph17 Yoga Sutras. An introduction

Students often struggle to engage with the yoga sutras of Patanjali finding the text dry and uninteresting. This subject introduces the sutras by covering their main themes to build a picture for those wanting to explore the subject in closer detail. Providing an overview and a stepping stone.

<https://study.yogamandir.com.au/courses/t-ph17/>

Review Yoga Mandir?

Would you give Yoga Mandir a review on Google and/or Facebook or Mind Body Online?

In these modern times of internet searches and marketing, a review is more important than ever in highlighting what we do. A review can include one of the programs you participate in or your overall experience of the Institute. We would greatly appreciate it!



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