



Yoga Mandir News

Dear Students,

I am in Germany teaching alongside my colleague Rita Keller in her summer program where students from across Europe come to her home village to stay for periods of intense practice. During this visit I am teaching a program on Pranayama, followed by asana focus on Level 2 syllabus over a week, then a program on therapy. The Summer program ends with a 3-day conference on Yoga & Christianity in which Ravi Ravindra (Canada) and Fr Jo Pereira (Kripa foundation-India) will give presentations alongside Rita Keller and myself. Daily asana and pranayama classes will be a central pillar of the timetable. It promises to be a remarkable event. Full details of the program are available via the link below with both in-person and virtual attendance possible. All enrolled participants will have access to the full recordings and interviews along with panel discussions after the event. So whilst the time difference between Australia and Europe is prohibitive local students to attend in real time the recording will be available within 2 weeks of the event.

On my return to Canberra, 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

I recently gave a short online presentation on the Bhagavad Gita and this full subject is now available on Yoga Vidya. This extraordinary text and revered by millions around the globe and is acknowledged by many religions as 'the Lords song'. The Gita remains relevant today because it speaks to universal themes of life, duty, and ethics. It offers guidance on ethical dilemmas and provides insights into mental health, managing stress, and questions of leadership. Its teachings on the role of practice and self-discipline propose paths for achieving peace and wisdom. The Gita's emphasis on self-realization and the interconnectedness of all life encourages compassion, ethical living, and spiritual growth, making its wisdom timeless and applicable to contemporary challenges. This subject, together with the introduction to the Yoga Sutras noted below complete 2 major projects for me that have taken many years to assemble.

We're issuing a call out to any students willing to be part of a roster for regular cleaning of the studio. If you can donate a little time to maintain this precious space it would be greatly appreciated. If interested, please contact the office@ email.

The next of the Specialist workshops is scheduled to be conducted in November. The focus of the program is Breathing & Circulation and following our established format the weekend workshop is supported by the online subject on Yoga Vidya.

And finally, reviews are a way to support the school. These reviews help others know about us and what we do. Most importantly how we differ from other schools and types of Yoga. Your voice can make a difference so consider a review on Google/ facebook/ instagram/ mind-body online. And don't forget you can post reviews on subjects in Yoga Vidya also. Thanks for your consideration.

As I few north from frosty winter mornings towards a European summer I am grateful to our students and to the teachers who support the school and its mission

Stay warm
Alan

Mindbody online booking outage

18 August

Our booking system through Mindbody online will be offline for maintenance this Sunday 18 August from 3.00pm for one hour. Students wishing to enrol for the Sunday afternoon Restorative class should enrol prior to this time and the link will be sent at the usual for online attendance. Students attending in studio can attend as usual

Yoga & Christianity Conference

Germany 31 August- 2 September 2024

The Yoga & Christianity conference is being run by Alan Goode & Rita Keller alongside Ravi Ravindra & Fr Joe Pereira. The full program can be seen at the following link.

<https://study.yogamandir.com.au/courses/yoga-christianity/>

The program will be streamed live but students who enrol for virtual attendance will be given access to the full program of presentations and any material generated through recorded interviews 2 weeks after the event.



Yoga & Christianity

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/>

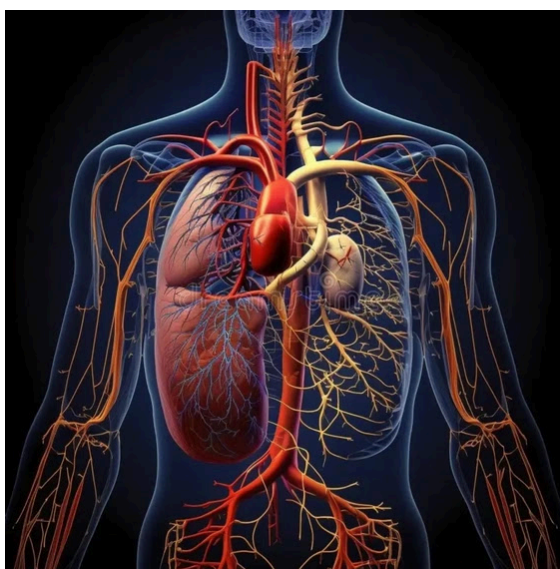
Yoga Studies-Saturdays

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 Subject Focus

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/>

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/>



Udaipur & the lake palace

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