



Yoga Mandir News

As we approach the end of the first year of our Certificate of Yoga Studies, I want to take a moment to reflect on the enriching journey we've shared and to outline the opportunities ahead. We have two enrolment groups completing Foundation Certificate & a second group completing Developing Certificate 1. Each program is six months long. The year has been marked by focus, dedication, and a deepening of the practice depth in the school. The individuals in these programs enrich the student body through their presence in classes.

The new intake for the Certificate of Yoga Studies will commence on July 22nd. If you wish to deepen your journey in yoga (with beginning and midyear intakes), please communicate your intention to enrol to your teacher as soon as possible. This will help us plan accordingly and ensure that we can integrate new participants smoothly.

The program involves regular classes with a teacher mentor, home practice, recording sequences, along with access to online study material on Yoga Vidya. Each term includes two meetings with your teacher mentor. This is a wonderful and enriching program designed to deepen your understanding of yoga and your practice. I encourage you to take advantage of this opportunity to further your journey in yoga.

I am also pleased to invite you to our next Yoga Studies-Saturday session on May 25, 2024. This session will be an excellent opportunity to explore the practice through a lens as well as to sample the approach to the Certificate of yoga studies program. Additionally, this session will be a chance for you to engage with me directly, discuss your experiences, and ask any questions you may have. I look forward to seeing you there.

An early morning intensive is planned for the week beginning on May 27th. This intensive includes five mornings of practice from 6:30 to 9:00 AM. This schedule is designed to deepen your practice and allow you to experience the profound effects of daily yoga. It's a unique opportunity to immerse yourself fully in the practice and witness the transformation that consistent, dedicated effort can bring. I encourage all of you to participate and take advantage of this wonderful opportunity to deepen your understanding through practice based learning.

On a personal note, I will be teaching in China during the second half of June. Since the onset of Covid, I have had the opportunity to teach students in China virtually and this will be my first chance to visit and teach them directly. My two-week visit will coincide with the 10th anniversary of Geeta Iyengar's visit to China, as well as the 10-year anniversary of the opening of their institute. I feel incredibly privileged to be invited to Guangzhou and Hangzhou for this special occasion.

During my visit, I will be teaching therapy classes with a focus on neck and shoulder issues in the first week, and on breathing and circulation in the second week. Both workshops will draw on the specialist programs of Yoga Vidya, integrating therapeutic approaches that address common ailments and enhance overall well-being. I will run workshops and give lectures and public classes. It promises to be a demanding and enriching experience and I'll keep you updated.

Thank you for your continued support of the school through your dedication and enthusiasm. Your commitment to your practice is an ongoing inspiration to me.

Best wishes to all
Alan

Weeklong Intensive

27-31 May 2024

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.

Monday to Friday 6.30-9.00am

Details and booking:

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



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 25 May.

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 25 May 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/>

Intensive week

Our intensive week scheduled for 27-31 May 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 T-Ph23 The Conscious Pause

Saturday 1 June, 6.00-7.30pm

Join us for a talk by Alan on 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.

Reflective Practice Session (RP-S) on P-10 Bhastrika

Join us for a 90 minute exploration of Viloma Pranayama on Sunday 2 June 11.30-1.00pm. All are welcome to attend.

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

Adventure India 2025

with Alan Goode

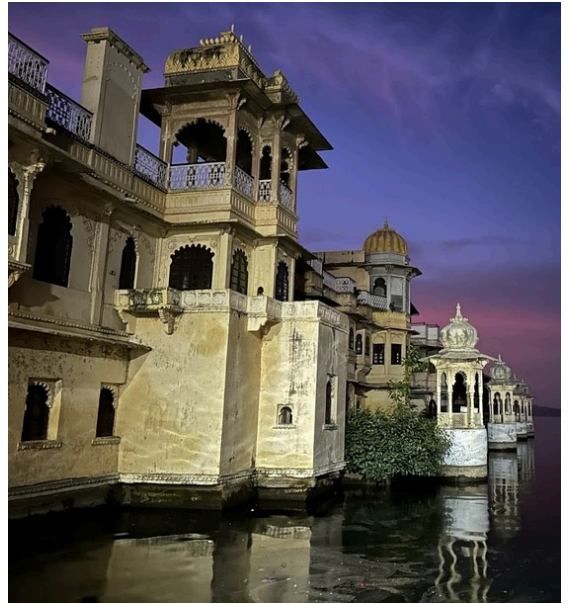
In January 2025 Alan will be returning to India with 2, week-long adventure retreats.

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

Certificate of Yoga Studies & Teacher Development

Midyear intake July 2024

Certificate of Yoga Studies 2024

Midyear Intake commences 22 July

We are preparing for the new intake for Term 3, 2024. The Certificate of Yoga Studies is a 2-year (non-teaching) program of study integrated into the life of the school. The program involves weekly attendance in classes (studio or virtual), regular practice, study materials on Yoga Vidya along with recording your practice as you progress across three levels of the school syllabus. Participants are allocated to a teacher mentor each term and there are two interviews scheduled with your teacher mentor throughout each term.

Details can be found at: <https://www.yogamandir.com.au/cosy/>

Teacher Development

Midyear Intake enrollments close 5 July

Students who wish to begin Teacher Training will need to lodge an **Expression of Interest prior to 1 July**. Certified teachers wanting to continue study and practice in Term 3 will need to enrol by 5 July.

Training to become a teacher is conducted over time. It takes dedication and perseverance. Developing a depth of understanding and learning to communicate from direct experience is a lifelong journey.

At Yoga Mandir our program to train teachers is grounded in a commitment to practice and is an expression of, and contribution to community. Working alongside colleagues, under the guidance of experienced teachers, day by day and week by week.

Trainees based in Canberra assist teachers in weekly classes, whilst those who live remotely access material online to support their own practice inquiry. The group as a whole meet to work together over a 7-day period developing skills, identifying strengths and weaknesses and supporting one another to evolve as individuals and as teachers.

Potential applicants are encouraged to attend an early morning intensive with Alan prior to EOI where Alan will meet with you. Details: <https://www.yogamandir.com.au/teacher-development/>

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



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