



Yoga Mandir News

Winter arrives, and during these cooler months, I'm grateful for the ceramic panel ceiling heaters that deliver radiant heat, warming the floor below.

The International Day of Yoga is observed on June 21st each year. Leading up to this day, I will be giving a talk "Seeking emotional balance through Yoga". I hope you will join me this coming Tuesday, June 11th at the Hindu Temple and Cultural Centre in Florey.

The 10am Slow Paced class, taught by Darryl on June 18th, will be FREE to all participants, available for STUDIO ONLY.

The 7:30am Asana 2 class, taught by Sabrina on June 21st, will commence at 7:15 to acknowledge the significance of the day. You can book into this class using your class pass, unlimited membership or by purchasing a single class pass.

For more details, please visit: <https://www.yogamandir.com.au/idoy/>

Important: Our booking system will undergo maintenance this Sunday, between 2.00-4.00pm. If you plan to reserve a spot for the Restorative class scheduled at 4:00pm on Sunday, June 9th (particularly the VIRTUAL CLASS), please make your booking before 1:00pm on the day to ensure timely access to the booking link. More information provided below.

This winter, I will be travelling once again to connect with colleagues and to take our programs to a wider audience. As many of you know, I will be teaching in China for two weeks from mid-June, and I'm grateful for this opportunity to engage in face-to-face interactions. Since the onset of the pandemic and our transition to online classes, I have taught in several countries, including China. It's not always easy to gauge students' respond to teaching and the instructions they receive online. This visit will afford me the chance to better understand and address student's needs. I'll spend one week each in two cities, delivering workshops on neck & shoulders as well as another on heart & lung issues. Additionally, we'll celebrate the 10-year anniversary of the Institutes and Geeta's visit to China.

Later in the year, I will return to Germany for the summer program, where I'll be working alongside my colleague Rita Keller outside of Cologne. This year, the program will feature a 3-day conference on Yoga & Christianity, with two eminent speakers in attendance. The conference will host Fr Joe Pereira and Ravi Ravindra. Fr Joe is a Catholic priest who heads the Kripa foundation in Mumbai. He previously worked with Mother Teresa. The Kripa Foundation focuses on aiding those battling addiction, HIV/AIDS and chemical dependency. Affiliated with the Ministry of Social Justice and Empowerment in India (MSJE), Kripa tirelessly addresses addiction and HIV/AIDS. Its origins trace back to a Church Annex in Bandra in 1981, with one Priest (Fr Joe), an alcoholic, a doctor, and three patients. Since then, this non-governmental organisation has expanded to 21 centers across India and has collaborative centres in the West.

Keynote speaker Ravi Ravindra's spiritual quest led him to explore the teachings of J. Krishnamurti, G. I. Gurdjieff, Zen, Yoga, and a deep immersion in the mystical teachings of the Indian and Christian classical traditions. He has authored several books on religion, science, mysticism, and spirituality, including "Science of the Sacred". This event promises to be an enriching, and I'm pleased to be involved.

As always, thank you for your continued support of the school.
Best wishes to all,
Alan

Class booking outage this Sunday
1.00 - 4.00pm
9 June, 2024

Mindbody will be temporarily unavailable Sunday June 9th.

As they make significant upgrades to the Mindbody core platform, all software and services will be unavailable during a 2-hour maintenance window.

Date: Sunday, 9 June, 2024

Start time: 8am Dubai | 12pm Hong Kong | 2pm Sydney

This will disrupt our normal booking time for the Sunday 4:00pm Restorative class. All attendees, both VIRTUAL and STUDIO will need to book before 1:00pm on Sunday to participate in the class. Thank you for your understanding,.

11 June

Seeking emotional balance through Yoga

Join Alan Goode in Canberra at the Hindu Temple and Cultural Centre (HTCC) [81 Ratcliffe Cres, Florey ACT 2615](#)

[Cres, Florey ACT 2615](#)

Tuesday 11 June 6 to 7pm.

Seeking emotional balance through Yoga.

'An intellectual mind that is not connected to the heart is an uncultivated mind' BKS Iyengar.

This talk explores the link between mind and body and the role of Yoga plays in finding emotional stability.

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

Registration preferred: Please contact

iwomensnetwork@gmail.com



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.

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 22 June.

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 22 June 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/>

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 requires weekly attendance in classes (studio or virtual), regular practice, study materials on Yoga Vidya, and recording your practice as you progress across three levels of the school syllabus. Participants are assigned a teacher mentor each term, and two interviews with your mentor teacher are scheduled 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



Yoga Mandir

Studio 14b Building 3.3, 1 Dairy Road Fyshwick • Canberra, ACT 2609

+61 476 516 154

No longer want these emails? [Unsubscribe](#)

POWERED BY

mindbody