



Yoga Mandir News

Dear Students,

I've just returned from an extraordinary trip to China where I taught in 2 cities (Guangzhou & Hangzhou) with a focus on therapy for Neck & Shoulders, and Heart & Lung. I was invited to celebrate 12 year anniversary of BKS Iyengar's landmark visit for the China-India summit. This event was followed 2 years later by Geeta Iyengar's visit. These 2 events were seminal in establishing Yoga in China and its subsequent growth. Prior to my visit I was wondering how Yoga had translated between the cultures and whether the Chinese aesthetic would adapt to a Yogic approach of Swadhyaya, which involves the inward path of self examination.

What I found was a student body that had been well taught and was technically adept in practice details but with a thirst to go deeper to understand the subject more intimately through self-study. I found common ground in values and sensibilities that I hadn't fully expected and China's deep roots in Buddhism and Taoism made for a rewarding exchange.

In recent years the Yoga Institutes in China have made links to Centre of Yoga Studies at SOAS (School of Oriental and African Studies) in London <https://www.soas.ac.uk/research/research-centres/centre-yoga-studies> who deliver academic subjects to students across China on philosophy so that the Yoga Mandir approach to experiential

learning meshes perfectly. I look forward to working with colleagues in China as they examine Yoga Sadhana and explore ways to translate our syllabus approach into these institutes.

I arrived back from the humid monsoon days to the sharp cold of Canberra as we transition to term 3 so enrolments are now open for Yoga Studies, and the midyear Teacher Development intake. Please review the details below and watch the dates if you are interested in any of these programs and events.

Since moving the school in early 2022 and the work done to migrate and update Yoga Vidya, the study platform, I have begun to take our programs to a wider audience. It is increasingly clear that there is a desire for students to go deeper in their practice and my international teaching program along with the adventure Yoga Retreats in India and Indonesia are all part of this work.

I will return to Germany in August 2024 to teach 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. I will be teaching a program on Pranayama, followed by asana focus on Level 2 syllabus, 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 central pillars of the timetable. It promises to be a remarkable event. Full details of the program will be published shortly 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. Stay tuned ...

As always, I am grateful to you all and to the Yoga Mandir teachers who support this vision of the school and its mission

Stay warm
Alan

Certificate of Yoga Studies

New intake/ Re-enrollments close 22 July

Students wishing to join the Certificate of Yoga Studies or re-enroll for the next level should know that bookings are now open. Term commences 22 July with all enrolments completed by that day.

Please click on the link below to go to Yoga Vidya (our separate study platform) to book
<https://study.yogamandir.com.au/yoga-studies/>



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 27 July.

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 July 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 29 July-2 August

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 & Christianity Conference

Germany 31 August- 2 September 2024



Fr Joe Pereira

The Yoga & Christianity conference is being run by Alan Goode & Rita Keller alongside Ravi Ravindra & Fr Joe Pereira. The full program will be published shortly but in preparation for the event we arranged an interview with Fr Joe and conducted by Dr Surjeet Dogra Dhanji, the Director of Cultural Diplomacy at the Australia India Institute at University of Melbourne.

Click on the link on our site to listen to the interview with Fr Joe

<https://www.yogamandir.com.au/fr-joe/>

Certificate of Yoga Studies & Teacher Development

Midyear intake July 2024

Certificate of Yoga Studies 2024

Midyear Intake commences 22 July

Bookings are open 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

Students who wish to begin Teacher Training will need to lodge an **Expression of Interest prior to 14 July.**

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/>

Adventure India 2025

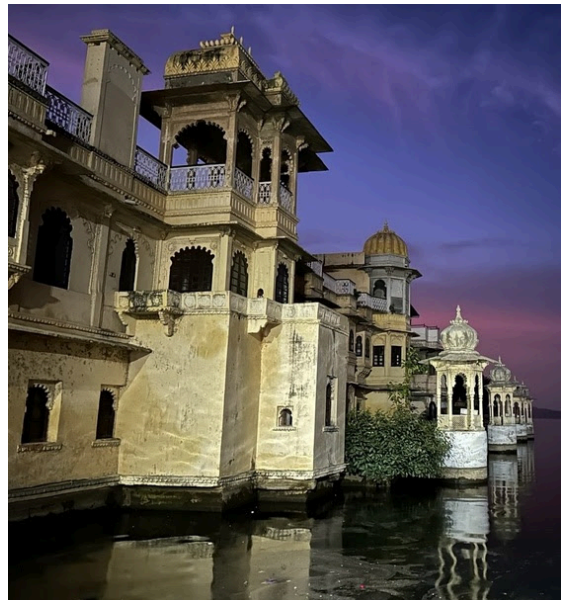
with Alan Goode

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

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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