



## Yoga Mandir News

Dear Students,  
I've just returned from China and catching up on things.

I continue to experience China in an unexpected light as I encounter the background of Mahayana Buddhism that brings a new perspective. This is coupled with a student body keen to learn and bring a depth of practice to what they already know about Yoga. Again, I taught in two cities and we are planning a two year lineage program than commences in my next visit in April. I was privileged to work with an experienced group and I have been asked to contribute to the development of the teaching faculty. And the food is wonderful. More mushroom varieties than you ever thought possible.

Back here in Canberra we are heading towards Christmas with last classes to be held on Saturday 21 December. The school reopens on our summer program on 6 January. Details on our offerings over summer can be found at <https://www.yogamandir.com.au/summer/>

Students considering enrolment in the Certificate of Yoga Studies should speak to your teacher for guidance and review the information on the <https://www.yogamandir.com.au/cosy/>

And just now from all of us at Yoga Mandir we are wishing you a joyous season

Best wishes  
Alan

## Certificate of Yoga Studies 2025

Students wishing to join the Certificate of Yoga Studies or re-enroll for the next level should know that bookings will open 10 January. Term commences Monday 27th January 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 before Christmas

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 7 December.

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 last session for the year is this Saturday 7 December 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/>

## Bali Yoga Retreat

25-31 March 2025



### Bali Yoga Retreat

Early morning Pranayama as we look out over the sea at sunrise followed by a light breakfast before the Asana class.

After lunch you might rest with a book or take a boat along the coast to go snorkelling or simply lie low before the afternoon practice, dinner and an evening talk on some principle of Yoga.

Join us 25-31 March

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

# January Program 2025

## Awaken to New Possibilities in 2025 Summer Program 2025

Begin your new year with intention and explore what's possible through a daily morning practice. Discover how establishing a consistent rhythm in practice can unlock energy, awareness, and potential.

Through consistent morning sessions, experience how a steady rhythm can reveal energy, awareness, and your inner potential.

Join us each weekday from January 6–31 for open classes that are now live on our booking system. Our program not only guides you in class but also equips you to build a lasting home practice, cultivating a connection with the body and fostering awareness in every pose.

Consider gifting an unlimited monthly pass to a loved one—or to yourself. Evening, weekend, and some midday classes will be available, with more details to come. See you on the mat!

## Yoga Vidya Subjects

We have two 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/>

## Pranayama-Breathe

For decades now Alan has had a little bottle of special liquid that he drips on his palm for digital pranayama. And now we have the recipe.

A blend of aromatic oils that open the airways for breathing.

Yoga Mandir in conjunction with Nourish & Breathe have refined the formula and these bottles will soon be available for purchase from Nourish and Breathe in Canberra (prior to Christmas). Available now in studio only



Pranayama-Breathe

## 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

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