



Yoga Mandir News

Dear Students,

Welcome to 2025 and thanks to the teachers who taught over the summer whilst I was away.

As we begin term 1, our Certificate of Yoga Studies and teacher training programs intakes have closed. If you haven't enrolled yet, there's still time. Contact the office as soon as possible to secure your place.

My time away has been deeply rewarding, as I had the privilege of teaching retreats in both Udaipur and Varanasi. These two remarkable locations offer unique perspectives on India's rich history and culture.

In Udaipur, on the serene waters of Lake Pichola, we explored the themes of the *Bhagavad Gita*. In Varanasi, along the sacred Ganges, we returned to the *Yoga Sutras*. Nearly half the group attended both workshops, embracing the depth of these teachings.

Plans are already in place to return in 2026.

My final week was spent in London, where I met with SOAS at London University to discuss shared themes and areas of overlap. While it was a valuable exchange, I'm glad to have left the cold behind and return to Canberra's summer warmth. Poppy and I are due for some long rides to reconnect.

The year ahead is set to be a busy one. I have now committed to visiting China three times a year to deepen the understanding within the student body. Over the next two years, I will be delivering a Lineage program and working closely with teachers using the Yoga Mandir Syllabus and Sadhana Booklet. It will be both demanding and rewarding. True progress comes through a consistent approach.

As you may know, 2025 is a significant year for Yoga Mandir as we mark 25 years of practice together. It's also a landmark year for me-celebrating 50 years of yoga practice as well as a birthday milestone. To commemorate these occasions, Yoga Mandir will host a mid-year gathering featuring talks, asana and pranayama sessions, a large group practice, and an evening dinner accompanied with music. It promises to be a festive time and I invite you to save the date and join us!

Date: 4-6 June 2025

Location: Canberra

Venue: Yoga Mandir or TBD

The event will coincide with the mid-year Teacher Development and Intensive Week, culminating in the Specialist Program focused on the knee. You may choose to attend the weekend, come for the full week or join us for the complete program.

More details will be shared soon. To stay informed, please email the office noting in the subject field ***Yoga Mandir Celebration***, and we'll keep you updated in the coming months. If you're interested in joining the organising committee, please note that in your email as well.

This year, I'm embarking on a project to interview colleagues from around the world, exploring teaching, learning and the insights gained through a life of practice. These conversations will focus on lineage and experiential knowledge, capturing the depth of our shared tradition. Whenever possible, I aim to record these interviews in person, though some will take place online due to distance. If you have skills in recording or filming making and are interested in support this project, please reach out to the office.

As we enter term 1, I wish you all a fruitful year ahead.

Best wishes

Alan

Bali Yoga Retreat

25-31 March 2025



The Bali Retreat is filling up quickly, so be sure to book soon! Early mornings begin with Pranayama as we watch sunrise over the sea, followed by a light breakfast before the Asana class.

After lunch, you might unwind with a book, take a boat along the coast for snorkeling, or simply rest before the afternoon practice. Evenings include dinner and a talk exploring key principles of Yoga.

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

Upcoming Events

For more information go to Upcoming Events on the homepage of our website.

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Beginner Basics

Know someone interested in starting Yoga? Share our Beginner Basics introductory sessions with them! The next session is on **Saturday, 8 February**.

Click here for details: <https://www.yogamandir.com.au/beginners/>

Yoga Studies-Saturdays

The Yoga Studies-Saturdays schedule is now available. The first session for the year is on **Saturday 8 February 1:30-4:30pm**. Join us for an in depth exploration of Yoga.

Everyone is welcome!

Click the link to access more dates and details.

<https://www.yogamandir.com.au/yoga-studies/>

Intensive week

Our intensive week is open for all students and accessible through studio and remote classes. Remote attendees will receive a recording available for three days. Join us each morning (Monday to Friday) from 6:30-9:00am for an Asana and Pranayama class.

This 5-day intensive scheduled **March 10-14** is ideal for deepening your practice, connecting with our community, or if you are considering entry into the Teacher Development program.

If you intention for enrolling is to apply for Teaching Development you must attend in studio.

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

Certificate of Yoga Studies 2025

Students interested in joining the Certificate of Yoga Studies or re-enroll for the next level should note that the booking window has officially closed - there's still a chance to secure your spot if you act quickly!

Please click on the link below to go to Yoga Vidya, our dedicated study platform, and complete your booking.

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



Yoga Vidya Subjects

Term 1, 2025

Whether you're joining Yoga Vidya for the first time or returning we highly recommend that you enroll in the subject focus for term 1, 2025.

T-Ph01. Iyengar & Patanjali.

This subject considers Iyengar's relationship to classical Yoga as outlined in Patanjali's Yoga Sutras.

Iyengar says, "The Yoga I teach is purely Ashtanga Yoga, known as the eight limbs of Yoga, expounded by Patanjali in his 196 terse sutras, each of which reflects profound experimental knowledge, supplemented with Hatha Yoga texts, the Gita and others.

This subject explores the Iyengar and Patanjali through the Learn/ study/ Practice modes and participant submissions using guided readings to frame the reflections.

T-Ph01 is a lifetime enrolment.

Enroll at <https://study.yogamandir.com.au/courses/t-ph01/> and take a journey with us into the heart of yoga with practice based study.

P-01. Introducing Pranayama

If you're new to Pranayama this subject is for you

'Prana moves in the thoracic region and controls breathing. It absorbs vital atmospheric energy. Apana moves in the lower abdomen and controls the elimination of urine, semen and faeces. Samana stokes the gastric fires, aiding digestion and maintaining the harmonious functioning of the abdominal organs. It integrates the whole of the human gross body. Udana, working through the throat (the pharynx and the larynx), controls the vocal chords and the intake of air and food. Vyana pervades the entire body, distributing the energy derived from food and breath through the arteries, veins and nerves'.

P-01 is a lifetime enrollment.

Enrol at <https://study.yogamandir.com.au/courses/p-01/> and take a journey with us into the heart of yoga with practice based study.

A free Yoga Vidya taster subject is available at <https://study.yogamandir.com.au/courses/t-ph04-taster/> if you wish to enroll and delve deeper into the study of Yoga.

Yoga Therapy class

Tuesday's 4.00-5.15pm

Therapy classes are for those with significant injuries and health concerns as well as anyone wishing to address imbalances in the body or rehabilitation post injury or surgery. Therapy classes are a pathway to return to full health and attendance in our ongoing classes.

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



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 are also available for purchase and you can be enroll 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

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