



Yoga Mandir News

Dear Students,

With Term 1 well underway, there are many opportunities within the school to extend and deepen your practice.

Our Intensive Week with Alan (March 10–14; Monday – Friday) is a key part of each term that offers a chance to experience daily practice. Each morning from 6:30–9:00am we work progressively through Asana and Pranayama, allowing time to deepen and refine our understanding.

A five-day intensive offers a different experience from weekly classes. The consistency of daily practice helps build steadiness and confidence, while sustained focus and repeated engagement can bring new insights.

Whether attending in-studio or remotely (with recordings available for three days), this intensive is open to all students looking to engage more fully with their practice. For those considering entry into the Teacher Development Program, in-studio attendance is required as part of the entry process.

Our Yoga Studies-Saturdays program offers a space where students can come together to develop skills, explore the principles and deepen understanding of how and why we practice the way we do. It's a chance to meet with other like-minded people, bridge theory and practice, and gain insights to develop personal capacity and refine exploration within practice.

These 3-hour sessions are comprised of:

A presentation where we identify a principle in practice,
an asana practice where this principle provides the foundation for exploration,
and work in small groups to discuss and apply these principles.

Open to all students, each 3-hour Yoga Studies - Saturdays session includes:
A presentation where we identify a principle in practice,
an asana practice where this principle provides the foundation for exploration,

and work in small groups to discuss and apply the principle.

We encourage you to take part and see where the practice leads.

Find details on how to book, Reflective Practice Sessions and other upcoming events and programs throughout this update.

Best wishes
Sabrina

Bali Yoga Retreat 25-31 March 2025



The Bali Retreat with Alan 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.

Upcoming Events

For information go to Upcoming Events on the homepage of our website. All remote enrolments receive a recording link available for 3 days.

Week-long Yoga Intensive with Alan Goode

10-14 March | 6.30-9.00am daily | In-studio or remote attendance

Join us for a 5-day Asana & Pranayama Intensive, an opportunity to deepen your practice with sustained daily sessions. Open to all, this intensive is especially valuable for those outside Canberra looking to connect with our community.

Considering Teacher Development? Prospective applicants must attend in-studio as part of the entry process.

Reflective Practice Session – Iyengar and Patanjali - public talk

Saturday 15 March | 6.00-8.00pm | *In-studio or remote attendance

Alan will explore B.K.S. Iyengar's relationship to classical Yoga as outlined in Patanjali's Yoga Sutras and the depth of his approach. Through this session, Alan will reflect on how Iyengar understood and applied the Yoga Sutras in his lifelong practice, challenging the notion that his work was merely physical.

Open to all. A chance to listen, reflect, and deepen your understanding of Iyengar Yoga's philosophical foundations.

Reflective Practice Session - Pranayama

Sunday 16 March | 11.30am-1.00pm | *In-studio or remote attendance

In this 1.5-hour session, Alan will offer a systematic approach to the practice of Nadi Shodhana (alternate nostril breathing). This session allows time to refine technique, build consistency, and develop a focused approach to this Pranayama.

***Go to the timetable to make your booking, the class name is Reflective Practice Session. Use your monthly unlimited, 10-class pass, or pay for a single class.**

Beginner Basics

Saturday 1 & 22 March | 12.00-1.15pm | In-studio attendance only

Know someone interested in starting Yoga? Share our Beginner Basics introductory sessions with them! The next session is on Saturday, 22 March.

Click here for details.

Yoga Studies Saturdays

Saturday 1 & 22 March | 1.30-4.30pm | In-studio or remote attendance

Join us for an in-depth exploration of Yoga. Develop skills and deepen your understanding of how and why we practice the way we do. Through a structured process, these sessions help bridge theory and practice

Everyone is welcome!

Bring a friend for free

We've added two new OPEN classes to our timetable

Mondays & Wednesdays | 10.00-11.30am

For this term, bring a friend for free and share the experience!

Open classes are suitable for all levels, with teachers adapting to individual needs and experience. It's the perfect opportunity to introduce someone new to yoga or deepen your own practice together.



Yoga Vidya Subjects Term 1, 2025

Take a journey with us into the heart of yoga through practice-based study on our Yoga Vidya study platform. All subjects are lifetime enrolment.

T-Ph01. Iyengar & Patanjali

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

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'.

Free Yoga Vidya taster subject

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

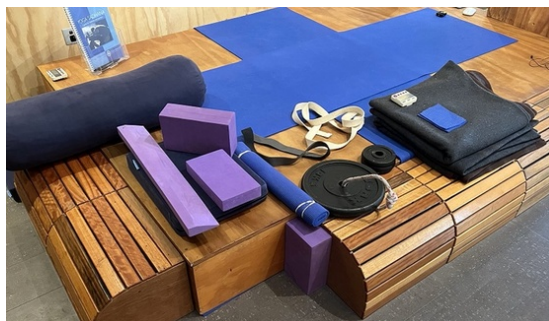
Pranayama classes

Tuesdays | 8.30-9.30am | In-studio or remote attendance

Pranayama is the Yogic art of breathing. Pranayama classes at Yoga Mandir apply a principles-based approach to practice. Learning to adapt the breath takes practice and requires a systematic approach to gain objective feedback.

Remote enrolments receive the recording link available for 3 days.

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



Class passes & Monthly memberships

Unlimited Monthly Pass

Our **Unlimited Monthly Pass** offers the best value with significant savings. While it cannot be extended under any circumstances, it includes access to the Class Archives (see below), allowing flexibility for travel or routine changes. To activate archive access, simply contact the office to link it to your membership.

Class Archives

The Class Archives provide access to a series of recorded classes, available on demand for a one-month period. This allows you to practice at your own pace, revisit key teachings, and maintain consistency in your practice -- wherever you are.

The archives can be purchased separately or with the unlimited monthly -- enrol directly on Yoga Vidya:

10-class pass

For those attending once a week, our **10-Class Pass** provides great value. With a 12-week expiry, it allows for occasional absences while encouraging regular commitment. Please consider this timeframe when purchasing.

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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