



Yoga Mandir News

Dear Students,

As Term 1 comes to a close, we move into our holiday period with a modified timetable. Please note that the school will be closed over the Easter weekend (Friday through Monday) and on Anzac Day (25 April). An open class schedule will run in the week between, with morning Open classes starting at 7am.

For those on an Unlimited Monthly Pass, remember you have access to our online class archive; a resource of recorded classes to support your home practice during the holiday closure. Just email the office to be added to the archive list. The archive, hosted on Yoga Vidya, is also available for separate 30-day purchase.

Looking ahead, this newsletter outlines the Term 2 program, including a number of key events and workshops. This term also marks a special milestone as we celebrate 20 years of Yoga Mandir in Canberra along with Alan's birthday.

We'll be celebrating this anniversary combined with a rich week of programs, including the week-long Intensive with Alan, the weekend Specialist Knee Program, and the 7-day Teacher Development Program. It's a wonderful opportunity for both local and interstate students to spend a full week immersed in yoga.

We warmly invite you to take part in these offerings and join us in celebrating this significant moment for Alan and the institute.

Read on for all the details.

Best wishes,
Yoga Mandir teachers

Specialist Knee Program



13-15 June | Studio attendance only | Spaces limited

Explore the range of techniques and modifications for knee issues across the groups of asana (eg standing, seated etc) and learn to practice with confidence while deepening your understanding of the knees. Consists of 3 parts: a 4-session weekend workshop, online study material that can be completed any time, and a knee health practice. Teachers and trainees gain direct experience in how to work with specific modifications for knees —essential when guiding students.

Includes lifetime enrolment in the Yoga Vidya Specialist Knee online resources.

Upcoming Events

For information go to Upcoming Events on the homepage of our website.
In-studio or remote attendance available unless otherwise stated.
Remote enrolments receive a recording link available for 3 days.

Yoga Mandir Anniversary Celebration - Save the Date!

Group practice and Celebration dinner | Saturday 7 June

We look forward to celebrating 20 years of Yoga Mandir in Canberra and Alan's birthday with a group practice and celebration dinner for the whole Yoga Mandir community. Booking information coming soon.

Week-long Yoga Intensive with Alan Goode

9-13 June | 6.30-9.00am daily

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 the intensive in-studio as part of the entry process.

Specialist Knee Program

13-15 June | Studio attendance only

Join us for a weekend to explore and learn to practice with confidence the the range of modifications for knee issues while deepening your understanding of the knees.

Spaces are limited. Visiting from interstate? Combine your attendance with the week-long intensive to maximise your stay. Enrollment includes lifetime access to the Yoga Vidya online knee subject (also available separately).

Yoga Studies Saturdays

Saturday 3 & 24 May, 21 June | 1.30-4.30pm

Join us for an in-depth exploration of Yoga. Develop skills and deepen your under-

standing of how and why we practice the way we do. Through a structured process, these sessions help bridge theory and practice
Everyone is welcome!

Beginner Basics Saturday

3 & 24 May, 21 June | 12.00-1.15pm | Studio attendance only

Know someone interested in starting Yoga? Share our Beginner Basics introductory sessions with them!

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Yoga Vidya Subjects Term 2, 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 and do not expire.

T-Ph04. Abhyasa & Vairagya

Abhyasa and Vairagya describe the dual pathways of action and renunciation. This subject examines the important role they play within practice and teaching. In the Yoga Sutras Patanjali gives the 2 general means of practice. In the opening chapter he indicates Abhyasa/ Vairagya (Action and renunciation) for those who are supremely intense in their efforts.

P-02. Pranayama Setups

BKS Iyengar writes: 'Bad posture, an ill-shaped or caved-in chest, obesity, emotional disorders, various lung troubles, smoking and uneven use of the respiratory muscles, lead to improper breathing, below one's capacity. We are aware of the discomfort and disability which then arises. Many subtle changes take place in our body as a result of poor breathing and bad posture, leading to heavy breathing, inadequate pulmonary function and aggravation of heart disease. Pranayama can help to prevent these disorders and help to check or cure them, so that one can live fully and well.'

Sp-K. Specialist Knee

This online study materia is part of enrolment in the Specialist knee program, but is available separately for those unable to attend the workshop. This practical subject is structured across the groups of asanas- for example standing poses, seated poses, forward bends, twists, inversions and backbends. The Specialist-Knee program aims to equip students with techniques and modifications so that they are able to practice with confidence.

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

Discover 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



Yoga Mandir

Studio 14b Building 3.3, 1 Dairy Road Fyshwick • Canberra, ACT 2609
+61 476 516 154

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