



## Yoga Mandir Communication

Dear Student,

As our 4th year in the new studio is coming to a close, I'm writing to wish you well over the festive season. We'll take a short break from 20 December until 5 January, with the last class on Friday 19 December.

Our summer program of classes commences Monday 5 January and we are offering a special unlimited January Open Program pass for \$170:00. Details can be found at: [January Antarayas & Open Program 2026](#)

Over the past year, we crossed some important milestones - the 20-year anniversary of the school in Canberra and my 50 years of practise. Our mid-year celebration brought together many teachers and students from around the country to acknowledge these moments. Thanks to all of you who participated and for your good wishes.

In 2025, I spent a good deal of time travelling - a conscious decision to explore avenues and to extend our reach. I'm aware that whenever I am away, other teachers step in to support me and to continue the classes and work with students. I'm grateful for this support. In these trips I am able to gain insights into what's going on around the world as well as to have important conversations with colleagues. One by product from these journeys is that I am beginning to record conversations with colleagues about their experience of a life in practise and teaching. These recordings continue to grow and can be found at: [Interviews & Videos](#)

In 2026 I will consolidate this travel and will be making three visits per year to China working with groups of students who wish to deepen their understanding of this practise lineage. January 2026 I will be in India with Fr Joe Pereira and Rita Keller to explore the Kripa foundation and Fr Joe's work with addiction and rehabilitation using Iyengar yoga. Details of the Kripa Foundation can be found at: [Kripa Foundation Iyengar Yoga](#)

In January, enrolments open for both the Certificate of Yoga Studies and for our Teacher Development Program. The Certificate of Yoga Studies is a two-year course designed for committed students seeking to deepen their understanding of yoga philosophy and practise. The program is open to both local or remote students, with classes available online and teacher-mentor interviews conducted via zoom. This flexibility makes the course accessible to anyone with a solid foundation in Iyengar Yoga. For 2026, the Teacher Development Program has been redesigned to return to an apprenticeship-style model. Participants will meet regularly with their Teacher Mentor

and take part in group sessions, either in person or online. You'll find details at:  
[Teacher Development](#)

In a recent communication, I asked anyone interested in being involved in supporting the future direction of the school to reach out. I'm pleased to say that a number of people got in touch and I wish to simply say that this is a long-term question of looking for a sustainable structure to take the school into the future. At this stage there is nothing to do but those of you who have contacted me will continue to be part of that dialogue. I thank you all for your input and suggestions.

Once again, I wish to thank you all for being part of this vibrant community.

Best wishes  
Alan

## Give the gift of Yoga

During the summer period you may be away from your regular routines and it may offer the perfect time to explore one of our [Yoga Vidya subjects](#). Plenty of reading and videos to digest as well as recorded classes to follow during those quiet moments.

If you are looking for a gift to give or receive why not consider the [Certificate of Yoga Studies](#)

Yoga Sadhana booklet can be purchased from the school or online at [Yoga Sadhana Booklet](#)

Or purchase some classes and give the gift of confidence and clarity in practise. Gift cards available at: [Gift Cards](#)

## Summer program 2026

### January 2026 Open Program – Special Offer

Start the new year with our **January Open Program**—enjoy **unlimited access to all classes for \$170** throughout January. This special offer is separate from our regular monthly pass and provides a great opportunity to reconnect with your practice.

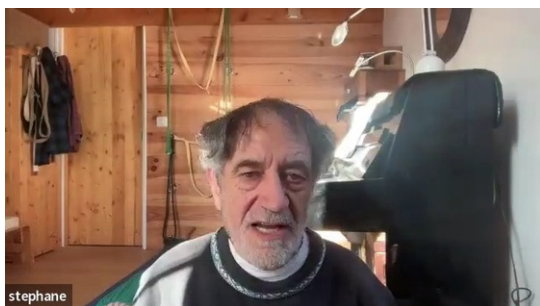
Our **January philosophical focus** is *Antarayas – Obstacles to Practice*, inspired by B.K.S. Iyengar's teaching that yoga transforms the person who sees. You can also explore this topic further via the Yoga Vidya subject for \$50.

Check pass details, purchase your **WELCOME MONTH PASS**, and manage existing passes through our website: [Passes](#).

**Administration will be limited between 20 December – 3 January.**

For class pass enquiries, email [office@yogamandir.com.au](mailto:office@yogamandir.com.au).  
For full program information, [visit the website](#).

## Conversations on Yoga



Stephane Lalo

The next in our series of conversations on Yoga is with Stephane Lalo, a Senior Iyengar Yoga teacher based in Marseille, France, whose path in the Iyengar tradition spans more than thirty-five years

Watch the conversation with Alan Goode and more at:

<https://www.yogamandir.com.au/category/videos/>

## Adventure India, January 2026

### Varanasi, India | 25-31 January, 2026

Join Alan Goode in Varanasi: described as the home of the Gods and one of the longest inhabited cities on earth where we practise 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: [Varanasi, India 2026](#)

### Light-On-Yoga. International workshop. Goa | 4-10 January 2026

Since 2020 Alan Goode and Rita Keller have been collaborating under Light-On-Yoga. International (LOY.i). They have conducted workshops annually in Germany and are now pleased to bring their teaching to Goa.

LOY.i will host a workshop at the Kripa foundation in Goa from 4 to 10 January 2026, led by Rita Keller (4-7 January) and Alan Goode (8-10 January). The workshop is designed to provide participants with exposure to these two wonderful teachers, setting a foundation for the conference discussions that follow. Bookings for the workshop and the conference can be made directly through the LOY.i website. Participants attending both the workshops and the conference will receive a joint pricing option. Details:

[Light-On-Yoga. International Workshop Goa](#)

### Yoga & Christianity conference Goa | 11-14 January 2026

In August 2024 Light-On-Yoga. International (LOY.i) ran a conference in Germany looking at the intersection of practise and faith. We are pleased to announce that the sequel to this event is now scheduled for 11-14 January 2026. Organised through a meaningful collaboration between Light-On-Yoga. International (LOY.i) and the Kripa Foundation, this gathering promises a rare convergence of diverse spiritual paths. The conference features an impressive lineup of distinguished teachers and speakers

Details: [Yoga & Christianity Conference](#)



## Upcoming Events

For more 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 three days.

### **Beginner Basics Saturday. LAST SESSION in 2025**

Saturday 18 October | 12.00-1.15pm | Studio attendance only

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

### **Beginner Basics January 2026**

Start your yoga journey with our welcoming 75-minute Beginner Basics class, perfect as a gift for someone new to yoga or wanting to revisit the foundations of Iyengar Yoga. This in-studio session introduces basic poses, breath, and body-mind connection with supportive guidance from experienced teachers.

When: Saturday, January 10th and 31st 2026, 12:00 PM – 1:15 PM

Cost: \$30 (\$27 concession)

Where: In-studio only

Give the gift of confidence and clarity in practise. Reserve your spot now at our timetable page and help someone discover the benefits of Iyengar Yoga this year!

## Certificate of Yoga Studies 2026

Congratulations to Joanna Strange and Jennifer Ma, who completed the Certificate of Yoga Studies in 2025.

### **Certificate of Yoga Studies 2026**

Take your practice to the next level in 2026 with our Certificate of Yoga Studies program. This immersive course is designed to deepen your understanding of yoga—on and off the mat—so you can develop a meaningful, sustainable, and personally authentic practice.

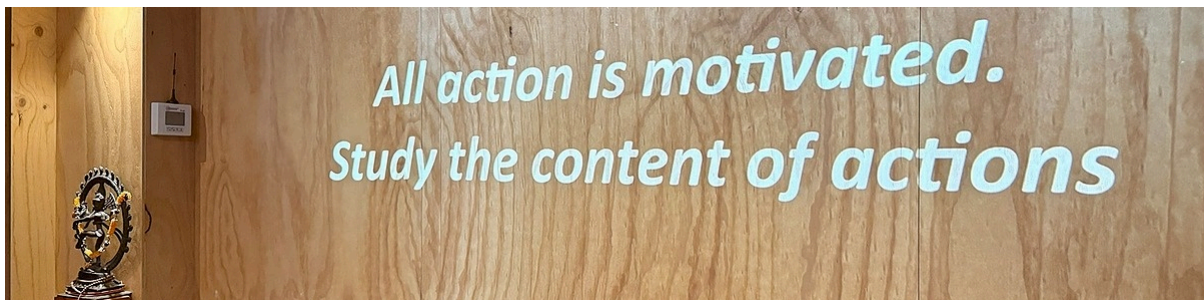
As B.K.S. Iyengar reminds us, “Yoga does not just change the way we see things; it transforms the person who sees.” This program invites you to step into that transfor-

mation and become a practitioner grounded in knowledge, clarity, and quality of practice.

This program offers an immersive mentorship experience designed to support your growth as a skilled and reflective yoga practitioner. Learning yoga is a deeply experiential process, where you are guided to observe, explore, and experience practice. Each participant is paired with personal mentors on a rotational basis, gaining access to diverse perspectives and approaches to practice. The flexible structure allows you to learn and progress at your own pace, fostering depth, awareness, and the ability to cultivate a sustainable, quality practice.

Enrolments are now open and will close on Friday, 15 January 2026. We encourage early application. Details: [Certificate of Yoga Studies](#)

Questions, contact us via email, [office@yogamandir.com.au](mailto:office@yogamandir.com.au)



## 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 practise at your own pace, revisit key teachings, and maintain consistency in your practise - wherever you are.

The archives can be purchased separately or with the unlimited monthly -- enroll 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**

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**mindbody**