

Yoga Mandir Update

News & events



Dear Student,

Having returned from teaching in India throughout January I'm enjoying the routines of the school and teaching in the wonderful environment of the studio. As the year begins, we welcome a new intake of Yoga Studies students, and the Teacher Development group embarks on their journey.

Over the last week, we transitioned to our new booking platform, Punchpass which is now completely integrated into the school website. If you experience any issues with booking please contact the office or simply attend your class and we will can sort it out on the spot.

As part of our ongoing evolution, we are also refining our communications. From now on, there will be three forms of communication.

1. **Yoga Mandir Update:** our monthly update will include information about classes, intensives and workshops and events at the school. Please note that Remote enrolment in classes allows you to attend via the Zoom link, or you can practice to the recording for up to three days after the class time.

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international news and updates, recorded conversations with colleagues, and a focus on deepening study along with reflective submissions from students from the subjects they are enrolled in.

3. **Yogasana with Alan Goode** is a quarterly publication with a focus on new writings by Alan Goode. The upcoming article on 'Humility' will be sent in early March.

In the months ahead, I will be working on details for the study program to run in Germany (August) and Goa, India (January) each year. These will be wonderful opportunities for students wishing to delve deeply into the subject and to connect with other like-minded individuals in an environment of focussed study and reflection.

And finally, I am pleased to announce that in June 2026 we will reintroduce our International Teacher Scholarship program. We offer one place per term for a certified Iyengar Yoga Teacher (Levels 1-4) to join us for a period of study and to live in the life of the school. When this program ran previously, we had teachers from Mexico and Canada take up a scholarship and I look forward to these new connections. Details can be found at: [Yoga Mandir Internships](#)

Best wishes for the year ahead

Alan



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 three days

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Week-long Yoga Intensive with Alan Cooke

23-27 February | 6.30-9.00am daily

Join us for a five-day Asana & Pranayama Intensive -an opportunity to deepen your practice with sustained daily sessions, available both in the studio and remotely. Open to all, this intensive is especially valuable for those outside Canberra looking to connect with our community. Details:

[HERE](#)

Beginner Basics | Saturday 28 February & 28 March | 12:00-1:15pm

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.

Cost: \$30 (\$27 concession)

Where: In-studio only

Details: [HERE](#)

Yoga Studies Saturdays

Saturday 28 February | 1.30-4.30pm

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. Use your class pass to join. Everyone is welcome! Details: [HERE](#)

Reflective Practice Sessions (RP-S)

Reflective practice is where Alan conducts a lecture or applied philosophy class along with an extended Pranayama session. These sessions offer students the opportunity to deepen their practice and gain understanding and insights into the topic being explored.

The February sessions include:

- **T-Ph17. Yoga Sutras Introduction.** Friday 27 February. 7.30-9.00pm
- **P-05. Bhramari.** Sunday 1 March. 5.45-7.15pm

These sessions can be attended remotely or in studio. Look for the class name Reflective Practice-Session. Use your monthly unlimited, 10-class pass, or pay for a single class. Details: [HERE](#)

Focus on Practice

9-13 March

We are pleased to say that the weeklong focus on practice in February was a success. Each afternoon from 4.00-5.30pm the studio was available for students to attend for their own practice and a teacher allocated to oversee each session. Follow your own sequence, work on an asana program, explore the equipment, or work on an issue or area of the body you want to examine. A range of practice resources are available for those wishing to begin the world of self-practice and supervising teachers may show you some of the uses and benefits of the props.

These practice-focused weeks are now a regular feature of the monthly timetable. The next dates are 9-13 March.

Enrolment: Prior booking should be made using your unlimited monthly membership, class pass, or single class payment before attendance



Bali Adventure Yoga Retreat

25-31 March 2026

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

Join us 25-31 March on retreat in beautifully appointed Bali style bungalows set among lush tropical gardens right on the beach. The mountains are behind us, the old volcano looms large, the beaches are fine black sand. There is snorkelling right off the beach and many small boats to hire for short trips to other villages or snorkelling sites. Your bungalow is air conditioned secure and has a small fridge, kettle, tea and coffee making facilities.

There will be two yoga sessions per day with Alan and time for philosophy discussions or a film in the evening. We practice pranayama each day as we explore the principles and themes that guide our practice of Yoga. Following our group sessions have breakfast in the warung (restaurant) with time to discuss and reflect. This is a time to expand your understanding and practice of yoga in an extraordinary environment.

Details: [Bali Adventure Yoga Retreat](#)



Yoga Mandir & Yoga Vidya

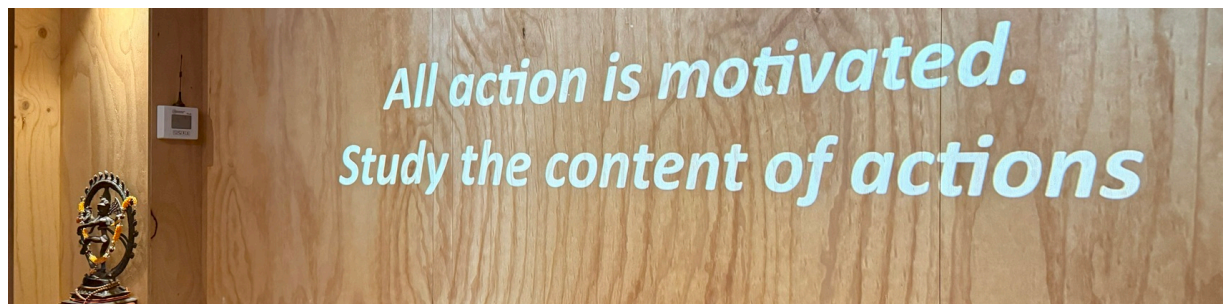
We host two websites with separate logins, and here is how they differ:

1. [Yoga Mandir](#) is the school website in which you can book for classes, intensives and workshops. Please note that remote enrolment allows

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three days after the scheduled class time.

2. **Yoga Vidya** is a separate account (with its own password) and provides a wealth of knowledge for students wishing to delve deeply into the world of Yoga. Most subjects are presented in parts, designed to be engaged with at a pace of approximately one per week.



Review Yoga Mandir?

Would you give Yoga Mandir a review on Google and/or Facebook?

In the age of online searches and digital marketing, reviews play an important role in helping others understand the work that we do. You might like to share your experience of a particular program or reflect more broadly on your time at the Institute. We would be most grateful for your support.

You are also invited to leave a review for the online subjects offered through **Yoga Vidya**.

Class Passes & Memberships

Unlimited Monthly Pass

Our **Unlimited Monthly Pass** offers the best value providing significant savings. While it cannot be extended under any circumstances, it includes access to the **Class Archives** (see below), giving you flexibility for travel or routine changes.

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membership.

Please note: Punchpass will renew your unlimited monthly pass automatically unless you update the settings through your profile.

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.

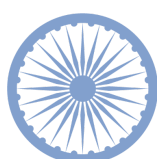
The archives can be purchased separately or are included with the unlimited monthly: [enrol directly on Yoga Vidya](#).

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.



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