



## Yoga Mandir Communication

Dear Student,

Welcome to 2026. I hope the year has started well for you.

I have ended of my teaching in Goa, India and I am moving north to teach in Varanasi before returning home at the end of January. This visit was an important milestone as I had been looking for a location to house an annual study program where students from around the globe can attend an intensive, live-in, study program of up to 3 weeks. In conjunction with Rita Keller (Germany) and Light-on-Yoga. International (LOY.i) we will continue to work with Fr Joe and the Kripa Foundation. Details of the Kripa Foundation can be found at: [Kripa Foundation Iyengar Yoga](#) .

LOY.i will integrate the vast resource of Yoga Vidya subjects to deliver a truly world class program of Philosophy, Asana & Pranayama study, along with therapeutic work and teacher mentorship. Yoga Vidya resources will provide pre and post attendance study and support. The overall program will deliver opportunities to study deeply with access to enrol in the July-August program in Germany and a similar framework in January in Goa each year. A full prospectus will be issued in the coming months with students able to enrol in specific subjects with their choice of teacher.

Another important refinement for the school in Canberra is that we will move to a new booking platform in February. Our current date for the changeover is 13 February. We hope to make the transition as smooth as possible These changes will make it possible for us to streamline our processes for booking classes and workshops and to communicate more effectively. We are preparing for the changeover and will keep you updated. More on this shortly.

By the end of January enrolments will close for both the Certificate of Yoga Studies and for our Teacher Development programme. The Certificate of Yoga Studies is a 2 year programme for committed students wishing to deepen their understanding of the philosophy and practise. The programme

can be enrolled for either local or remote students as attendance in classes can be online and interviews with your teacher mentor can be held on zoom. This makes the programme viable for anyone with a grounding in Iyengar Yoga. Additionally, in 2026 the Teacher Development programme has been reconfigured with a focus back towards an apprenticeship model where the group meet regularly with their Teacher Mentor along with group work attended in person or online. You'll find details at: [Teacher Development](#)

In the week 9-13 February the school will be open each afternoon during the week for students who hold a class pass or monthly membership to practice. See the timetable for details.

I wish to thank you all for being part of this vibrant community and to our wonderful teachers along with Trish Shannon for teaching over the summer period.

Best wishes  
Alan



Kripa Foundation Goa



Goa, India

## Focus on Practice 9-13 February 2026

### Focus on Practice | 9-13 February |

We are pleased to announce a weeklong focus on practice.

Each afternoon from 4.00-5.30pm the studio will be available for students to attend for their own practice and a teacher will be allocated to oversee each session.

Come along to 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 will be 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

**Enrollment:** Prior booking should be made using your membership, class card, or single class payment before attendance

## Upcoming Events

### **Beginner Basics | Saturday 31 January | 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](#)

### **Week-long Yoga Intensive with Alan Goode**

**23-27 February | 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. 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 reflective practice sessions are an opportunity for students to go deeper in practice or to understand a topic more fully.

The February sessions include:

- **T-Ph17. Yoga Sutras Introduction.** Friday 27 February. 7.30-9.00pm
- **P-04. Viloma Lying.** Sunday 1 March. 5.45-7.15pm

These sessions can be attended Online 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](#)

## 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/>

## 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 the afternoon practice, dinner and an evening talk on some principle of Yoga.

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 Vidya Term 1, 2026

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

### T-Ph22. Yogic Imprinting

'Imprinting is the act of placing a set of images or experiences in the store-house of our impressions. This body of experience allows us to access something greater than the stretches and breathing exercises. These practices are the vehicle by which we experience directly and clarify our perception'. T-Ph22 looks at memory and Samskara in a practice of asana.

### P-05. Bhramari

'Bhramara means a large black bumble-bee and this pranayama is so called because during exhalation a soft humming sound like that of a bumble-bee is made. The best time to perform it is in the silence and quiet of the night'. P-05 applies the learn/ study/ practice modes to gain knowledge from experience.

### 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

## Review Yoga Mandir?

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

In these modern times of internet searches and marketing, a review is more important than ever in highlighting what we do. A review can include one of the programs you participate in or your overall experience of the Institute.

We would greatly appreciate it!

And don't forget that you can review the online subjects on Yoga Vidya

## Certificate of Yoga Studies 2026

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

### Certificate of Yoga Studies 2026

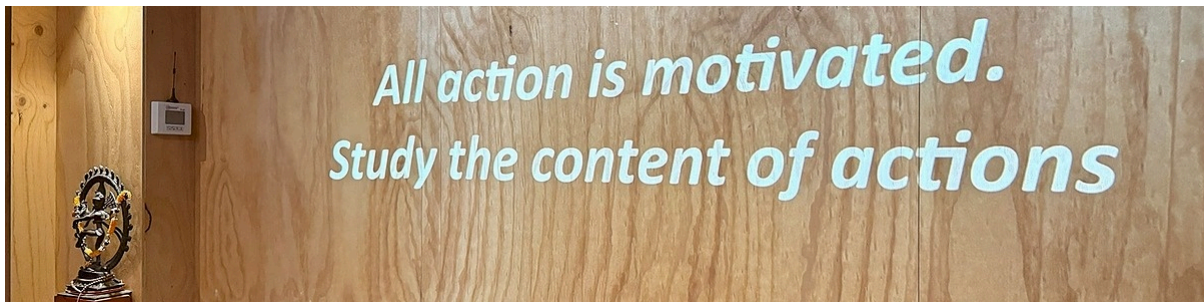
Take your practice to the next level in 2026 with our Certificate of Yoga Studies program. This immersive course is designed to deepen your understanding of yoga—on and off the mat—so you can develop a meaningful, sustainable, and personally authentic practice.

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 transformation 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. You are also in-

vited to make a donation to support the distribution of these invaluable passes.

Visit the Website

or call us at +61 476 516 154



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