



Yoga Mandir. International News

Dear Students,

This is a special edition of the Yoga Mandir Update with a focus on international events and workshops. More information on each of the programs is available on our [International Retreats and Workshops](#) page.

Yoga Mandir's international programme of workshops and retreats has grown over recent years as I have begun to travel more widely. I have spent my life running schools and working closely with students in the daily practice routines. My breaks from this routine were to travel to Pune, India, to study with BKS Iyengar and his daughter Geeta. I have made around 40 visits, and this, together with the number of students I've taught, has delivered insights into what sustains practice and how students develop and evolve.

I have been holding retreats for over 40 years and have always found them to be a point of change in a student's practice life. These workshops and residential retreats provide space for stillness and reflection away from daily distractions and offer students an opportunity to go within, through immersion in the philosophy, practice, and lived experience of Iyengar Yoga.

Participants explore the breadth and depth of Yoga including Patanjali's system and dialogues on the Bhagavad Gita and its relevance to our lives. As a group we work closely together in exploring the practice, refining our attention, and examining the principles that underpin Iyengar methodology

Retreat venues have been selected by our travel partner Big Sista Adventures, who coordinate and work with local businesses to host these events in an intimate setting. Whether retreat or workshop, emphasises reflective practice "meditation in action" by linking thoughtful sequencing with inner stillness, and continuity of attention.

Yoga Mandir's international program, supported by its Yoga Vidya online study platform, forms a bridge between practical asana and deeper self-study. Inviting practitioners to step beyond the familiar, cultivate insight, and return to everyday life renewed with clarity and purpose.

I am pleased to collaborate with peers, to work with Kripa Foundation and Light-on-Yoga.International and our travel partner Big Sister Adventures and I hope we might meet on these adventures in the coming months.

Best wishes
Alan

Germany September 2025

Teacher Development & General Workshop

In collaboration with Light-On-Yoga. International (LOY.i) Alan will be returning to Germany in September 2025 to teach a 3-day workshop on backbends and inversions in Lantershofen. This will be preceded by a 2-day special workshop for Certified Iyengar Teachers with a focus on teaching skills and knowledge

25-26 September. Teacher Development. Developing skills in teaching

This 2-day workshop is for certified Iyengar teachers (Levels 1-3) where, through a range of teaching exercises, we will explore and deepen our understanding of the art of teaching. The workshop will involve demonstration of teaching skills, working in small groups to review and develop new skills in teaching and review and discussion of recorded samples. This program promises to be an exciting and engaging experience. Bookings open soon

27-29 September. Workshop-Developing backbends & inversions

Alan Goode will be teaching in Lantershofen, Germany with a focus on developing a greater understanding of Backbending and Inversions through practice. This will be a systematic approach that develops over 3-days and students are encouraged to enrol for all sessions to gain the full benefit.

Details : [Germany Workshop with Alan Goode](#)



Deepening practice



Exploring backbends

January in India

Varanasi

Adventure India 2026 with Alan Goode

Each January, Alan returns to India to teach in the north, holding a retreat in Varanasi. Early booking is required to ensure your place, but please signal your interest in these programs early by following the links to communicate to **Big Sista Adventures** so that you are kept up to date on information and progress.

Varanasi, India 25-31 January 2026

We move to Varanasi, home of the Gods and one of the longest inhabited cities on earth where we practice 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*



Ghats-Varanasi



Varanasi



India



India!

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 practice 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*



Kripa Foundation, Goa



Rita Keller, Fr Joe, Ravi Ravindra & Alan Good, August 2024

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, working with Fr Joe Pereira of the Kripa Foundation.

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 2 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](#)



Bali Adventure Yoga Retreat

15-22 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](#)



Balinese ceremony



Our venue for the week

Visit the Website

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