

An Introduction to Yoga Mandir

Located in central Canberra, Yoga Mandir was established by Alan Goode in January 2005. With the blessing of BKS Iyengar Yoga Mandir became an Institute in 2011.

The Institute has established learning pathways for students of Yoga who have different levels of experience. There are programs for beginners, practitioners, and teachers. These programs include

- Beginners courses conducted over 10 weeks terms providing student study material and support
- Practitioner programs across 4 levels for continued development
- Independent practice courses delivering online study resources for local, interstate and international students
- Specialist programs for working with injuries and special needs
- Teacher training program covering 3 years
- Ongoing teacher development program
- Teacher mentoring and supervision
- Teacher trainer apprenticeship
- Yoga School culture program covering 2 years for yoga schools wishing to evolve their programs in a systematic way
- Residential retreats
- Intensive programs
- Interstate workshops

The ongoing review and development of Institute programs is supported through teacher access to a well-established resource library and ongoing research work. The Institute also contributes significantly to the national teacher assessment and strategic planning activities of the BKS Iyengar Yoga Association of Australia.

Based in Braddon, the Institute has two fully equipped teaching studios of different sizes and it offers a seven day a week timetable, which operates most weeks of the year. The teacher programs of the Institute have provision for both internal and external teacher trainees and qualified teachers studying from around Australia.

Alan has trained all of the teachers in the school and has ongoing responsibility for all of the programs and projects undertaken within the Institute. The Institute has evolved through the commitment and dedication of its teachers and students and especially those students, who on the journey to becoming teachers, also established and held/hold portfolios of responsibility around office management, training administration and research. This continues to be a theme of the Institute where a student's own growing commitment to the practice of Yoga, and their interest in sharing it with others, leads them to take on one of the paid positions within the staffing team.

Teachers of the Institute are people from a diversity of backgrounds who share a commitment to Yoga. The teaching staff includes people qualified and experienced in the trades, social work, the law, psychology, business, information technology and environmental management; and current trainees include people from the military, academia, consulting, full time parenting, agriculture, environmental science, school teaching and the public service. A number of the teachers or trainees began yoga as youngsters and entered into training during their early to late twenties, whilst others found Yoga later, even after retirement. This diversity in the teaching and trainee population is a demonstration of Yoga's power to transform us, wherever we are at in our lives. It touches us and holds us as we step moment by moment through life.