

## Our Team of Iyengar Yoga Teachers

Yoga Mandir opened in January 2005 and since that time has developed into an Institute of significance offering programs to students throughout Australia and internationally. Teachers from across Australia travel to train under Alan Goode, our principal. Alan oversees all the programs offered through Yoga Mandir.

Our team of certified teachers are highly trained teachers of Iyengar Yoga. Certification in Iyengar Yoga comes after a minimum of 3 years of teacher training which can only be undertaken after 3 years of Iyengar Yoga practice. This ensures that teachers are grounded in both the experience of practice and the theory of Iyengar Yoga.

Our team have all received *Working with Vulnerable People clearance*.

### 1. Alan Goode (Director and Principal teacher of Yoga Mandir)

Alan Goode is the Director of Yoga Mandir. He holds an Intermediate Senior Certificate (Level III) issued directly by BKS Iyengar. Alan has studied regularly at the RIMY Institute in Pune India with the Iyengar family for over 30 years. His most recent visit was in December 2015.

Alan started practising yoga in 1975 in Sydney and commenced teaching in 1982. He apprenticed from 1982 to 1987 and sat the first teacher assessments in Australia. He previously established schools in Newtown in Sydney (1984-1996) and the Blue Mountains (1992-2003) and opened Yoga Mandir in Canberra in January 2005.

Alan has extensive experience in teaching Iyengar Yoga to all levels of student, from beginners to advanced, and remedial classes for those with injuries and medical conditions. Alan trains teachers, conducts workshops, and runs professional support and development programs for teachers, including training teachers to become teacher trainers.

Alan contributes significantly to the national teacher assessment and strategic planning activities of the BKS Iyengar Yoga Association of Australia (BKSIIYAA). Alan is a Senior Assessor and sits on the Certification Committee as well as the Ethics Committee of the BKSIIYAA.

### 2. Natasha Cebalo

Natasha is a certified Iyengar Yoga teacher; she holds an Introductory Level 2 Certificate with the BKS Iyengar Yoga Association of Australia. She completed her Preliminary Teacher Training with Alan Goode.

Natasha started attending yoga classes in Canberra in 1999.

She commenced teaching at Yoga Mandir in 2012. She currently teaches in the Introduction to Iyengar Yoga as well as the Foundation Practitioner and Open programs. In addition to teaching, Natasha holds the role of Program Developer which involved the establishment of the Sadhaka Program.

### 3. Demeter Davis

Demeter is a certified Iyengar Yoga teacher; she holds an Introductory Level 2 certificate with the BKS Iyengar Yoga Association of Australia. She completed her teacher training with Alan Goode. In January 2016 Demeter spent a month at the RIMY Institute in Pune India with the Iyengar family.

Demeter started attending Iyengar Yoga classes in Sydney in 1999 and committed to the Iyengar methodology in 2001. She began teaching in 2003 and joined the teaching staff at Yoga Mandir in 2008.

Demeter currently teaches Introduction to Iyengar Yoga, Foundation, Developing and Open Courses at Yoga Mandir.

In addition to her teaching role, Demeter holds the role of Sadhaka Coordinator at the Institute.

### 4. Ela Majocha

Ela holds an Introductory Level 2 Certificate with the BKS Iyengar Yoga Association Australia. She began attending Hatha Yoga classes in Poland in 1987 in her first year at university and discovered Iyengar Yoga in 1995, when she moved to Edinburgh, Scotland. Ela trained as an Iyengar Yoga teacher in Edinburgh, from 2002 to 2004. In 2006

she moved to Perth, Australia where she continued to teach until moving to Canberra in 2015, to devote more time to the study and practice of yoga at Yoga Mandir Institute. Over the years, she has studied with senior teachers in Europe, Australia and India. In December 2014 and 2015, Ela attended intensive courses with Geeta Iyengar, at RIMY Institute in Pune, India. Ela joined the teaching staff at Yoga Mandir in 2016. She currently teaches Lunchtime and Open Yogasana classes. In addition to her teaching role, Ela has been assisting with the development of Yoga Mandir's Research Library.

Ela's professional life has been in education, research and education management: at universities for 20 years and in public service for 5 years. She holds a PhD in Linguistics and English Language from Edinburgh University, with specialisation in Medieval English. She can interpret Medieval English documents handwritten on parchment. Ela also holds an (overseas) secondary school teacher qualification.

From 2010 to 2015, Ela worked in project management of external assessment of Year 12 students for the Western Australian Senior Secondary Board: SCSA, WA. While there, she witnessed firsthand the pressure and stress that students, parents and educators experience in the final years of students' secondary journey. Ela strongly believes that regular practice of yoga would improve students' physical and emotional wellbeing, as it does hers, which in turn could contribute to their academic performance.

## 5. Sally Mumford

Sally is a certified Iyengar Yoga teacher; she holds an Introductory Level 2 Certificate with the BKS Iyengar Yoga Association of Australia. She completed her teacher training with Alan Goode.

Sally started Iyengar Yoga in 1992 in Darwin. In 1996 she began teaching in Alice Springs and ran a school there till 2011. She has continued to maintain her role as an Iyengar Yoga teacher for students in Alice Springs, returning regularly to conduct weekend workshops.

From Alice Sally and her family moved to Tasmania where she continued to teach Iyengar Yoga. Feeling the need to attend regular classes with a senior teacher, Sally came to Canberra and joined the staff of Yoga Mandir in 2014. She teaches in the Institute's Open Yogasana program as well as a Foundation course.

Sally has studied at the RIMY Institute in Pune, India and continues to attend professional development training with Alan.

Sally is a mum to two resilient teenagers one of whom is learning yoga with her. Sally is also studying for a Visual Arts degree at ANU, majoring in Drawing and Print Media.

## 6. Caroline Plunkett

Caroline is a certified Iyengar Yoga teacher; she holds an Introductory Level 2 Certificate with the BKS Iyengar Yoga Association of Australia. She completed her Preliminary Teacher Training with Alan Goode.

Caroline started attending yoga classes in Canberra in 1999 as a teenager and commenced teaching at Yoga Mandir in 2012.

In 2015 she spent a month at the Ramamani Iyengar Memorial Yoga Institute in India which involved attending daily yoga classes and practice sessions. She elected to observe the weekly children's classes which ignited her interest in teaching yoga to young people. She completed the 25 Hour Zenergy Yoga for Children Foundation Training Course in 2016.

She currently teaches Foundation, Developing and Established Practitioner Yogasana Courses as well as a Pranayama Course. She established and teaches in the Summer and Term Break Intensive Programs. In 2016 she taught at the Summers End Yoga Festival.

Caroline previously was Office Manager and now holds the role of Training Programs Coordinator for Yoga Mandir, in addition to her teaching roles.

Caroline has tertiary qualifications in Social Work, Law and Asian Studies (Japanese). Her professional life has centred on the wellbeing of children. She has coordinated a mediation program working with young people and their parents to listen and help equip them with skills to resolve their own conflicts. She has also conducted hundreds of child-focussed mediations between separated parents and has facilitated dozens of information

sessions for parents about the impact of ongoing unresolved adult conflict upon children's wellbeing including brain development and mental health.

As a family and children's court lawyer, Caroline's advice was infused with an understanding of the social science of stress from conflict upon children and young people, which was a key interest in her Social Work studies.

Caroline is convinced of yoga's unsurpassed physical, mental and social health benefits. Her mission is for every child in Canberra to have the opportunity to learn yoga with an exceptional teacher.