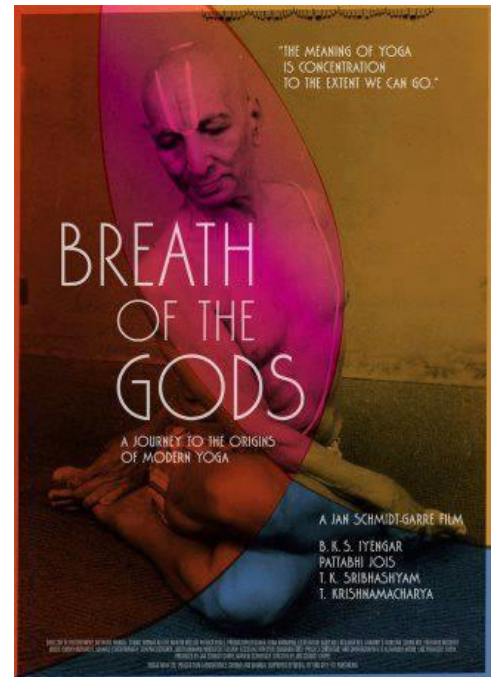


## 1. Social Event – Film night this Sunday

Yoga Mandir's next Social Event will feature a film “Breath of the Gods” which is an eye opening journey to the origins of modern Yoga.

“Director Jan Schmidt-Garre has retrieved a treasure with his work. Not least because he himself explores Yoga with his means as a director and a student of Yoga. It is downright touching how he practices with high concentration a sun salutation under the guidance of the venerable Pattabhi Jois. With this genius trick he lures his audience onto the Yoga mat and onto his journey, beginners and experienced yogis alike. Once a philosophy graduate himself he worked for five solid years on this film project produced in India and each of the 104 minutes is bliss.”  
Review of "Breath of the Gods", Stefanie Wilkes, Spirit Yoga



“The jittery black-and-white images of half-naked yogis are of course fascinating. But ultimately stunning is the fact that Mr. Schmidt-Garre was actually able to meet with the protagonists of these ancient images. Hearing these legendary masters talk lets most prejudices dissipate. Stretching of the entire body all the way to the little toe – what may sound esoteric in Berlin Yoga lofts sounds very tangible coming from B. K. S. Iyengar’s mouth. But when he says that in the moment of perfect mental control you become holy, he himself can’t help laughing.”

Review of "Breath of the Gods", Philipp Bühler, Berliner Zeitung, 5.1.12

Friends and family are welcome. This Sunday 1 March from 6:00pm – 8:00pm. Click here for further information and to register your attendance:

<https://www.yogamandir.com.au/program/social-events-program>

## 2. Early Morning Intensive

Enrolments are now open for the 8 day Early Morning Intensive conducted by Alan Goode from Monday 2 March to Thursday 12 March from 6.30 am – 9 am. Click here for further information and bookings: <https://www.yogamandir.com.au/program/early-morning-intensives>

### 3. Women's Health Workshop

Polly Realf will be returning to Canberra to teach the Women's Health Course as a workshop. Participation within the course equips female practitioners to consider their experience of menstruation or menopause in light of the kosas (the layers of experience) and to gain confidence in making modifications within their practice. Easter weekend, 4 – 5 April 2015. Click here for more information and bookings:

<https://www.yogamandir.com.au/program/womens-health-course>

### 4. Iyengar Yoga Convention

Abhijata Sridhar Iyengar is BKS Iyengar's grand daughter and a senior teacher at the Ramamani Iyengar Memorial Yoga Institute (RIMYI) in Pune. She has been very warmly received in her role as guest teacher at national conventions in Europe and the UK and we are honoured that Abhijata has agreed to visit Australia to teach. Many teachers and students of Yoga Mandir will be attending this Convention from 1 – 3 May in Sydney.

Click here for further information: <http://www.iyengaryoga.asn.au/abhijata-sridar-iyengar-convention-may-2015/>

### 5. Alan Goode's Lecture

Each term Alan gives a lecture on a topic related to yoga. Yoga Mandir students and members of the public are welcome to attend. This term the topic is "BKS Iyengar and Patanjali's Yoga: How does Iyengar interpret Patanjali's 8 limbed practice?" 6.00 - 7.15pm. Saturday 7 March. Click here for further information:

<https://www.yogamandir.com.au/program/public-lecture-series>

### 6. Newsletter

The Editors of *Sadhaka*, the Yoga Mandir student newsletter, confirm there will be no newsletter this term. Please continue to contribute submissions to the student newsletter for next term. For further information click here:

<https://www.yogamandir.com.au/sadhaka>