



# Self-Reflective Yoga: Layers of Experience

## Speaker

**Alan Goode**

Director, Yoga Mandir

## Location

**Conference Room 1.02**

Sir Roland Wilson Building #120,  
McCoy Circuit, ANU

## Enquiries

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## Registration required

### Eventbrite

<https://www.eventbrite.com.au/e/self-reflective-yoga-layers-of-experience-tickets-35528521765>

This lecture is free and open to the public

## This event is sponsored by:

Yoga Mandir

The Indian High Commission

The South Asia Research Institute

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Language



Today yoga seems to be everywhere. But what is it really? Delve deeper into different dimensions of the practice in this combination of postures and perspectives. Taught by Alan Goode, Director of Yoga Mandir, these free workshops will introduce you to key ideas about yoga and show you how to understand your experiences beyond your physical body.

Alan Goode will offer an experiential lecture, "Differentiating Experience: Layers of Experience", followed by a 45-minute yoga class that explores the principles of his talk.

**Participants should bring a mat. No experience necessary.** These workshops are not suitable for those with medical conditions or major injuries.

**Tuesday 18 July 2017, 12:30-1:45, SRWB Room 1.02**

Differentiating Experience: Layers of Experience

**Tuesday 8 August 2017, 12:30-1:45, SRWB Room 1.02**

The Source of Knowing: Practice-based Learning

These workshops will be followed by an ongoing Self-Reflective Practice Series in August 2017.

Workshops are free and open to the public, but numbers are limited.

Bookings essential.

**Alan Goode** is the Director of Yoga Mandir: An Iyengar Institute. He holds a Junior Advanced teaching certificate and has been practicing Yoga since 1975. Alan has studied regularly at the RIMY Institute in Pune, India with the Iyengar family for over 30 years and is deeply engaged with Yoga as a self study (Swadhyaya).

Presented by

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