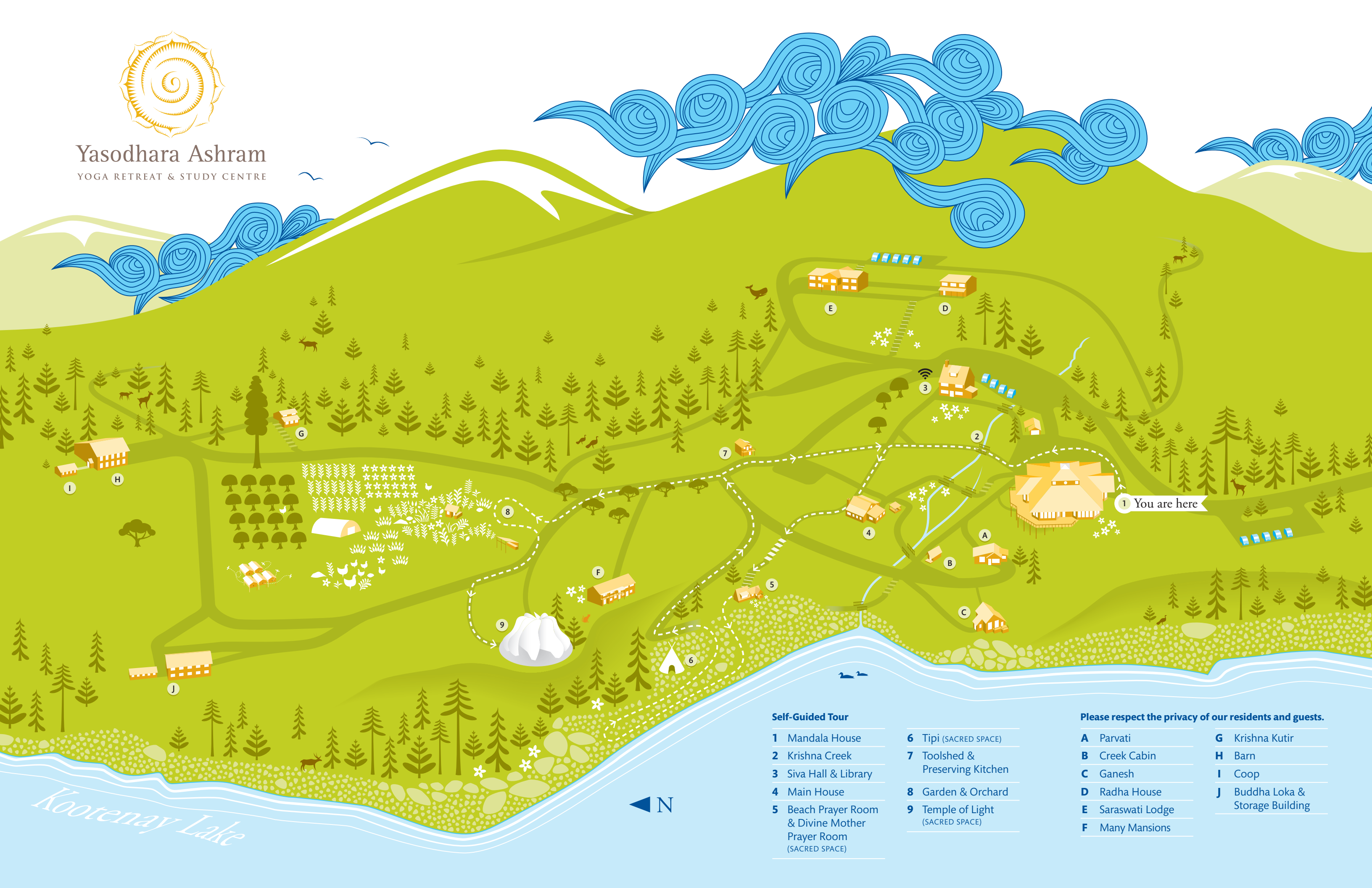




Yasodhara Ashram
YOGA RETREAT & STUDY CENTRE



Self-Guided Tour

- 1 Mandala House
- 2 Krishna Creek
- 3 Siva Hall & Library
- 4 Main House
- 5 Beach Prayer Room & Divine Mother Prayer Room (SACRED SPACE)

- 6 Tipi (SACRED SPACE)
- 7 Toolshed & Preserving Kitchen
- 8 Garden & Orchard
- 9 Temple of Light (SACRED SPACE)

Please respect the privacy of our residents and guests.

- | | |
|--------------------------|---|
| A Parvati | G Krishna Kutir |
| B Creek Cabin | H Barn |
| C Ganesh | I Coop |
| D Radha House | J Buddha Loka & Storage Building |
| E Saraswati Lodge | |
| F Many Mansions | |

Kootenay Lake



Welcome to Yasodhara Ashram

Founded in 1963 by
Swami Sivananda Radha.

Yoga, retreats and spiritual growth.

115 acres of sustainable buildings,
organic gardens and orchards,
forestland and waterfront.

Temple of Light.

Explore our gardens, paths,
beaches and sacred spaces.

Self-Guided Tour





- 1 Mandala House**
Main reception, giftstore, dining room, kitchen, classrooms and offices. Completed in 1996.
Look for:
 - 👁️ The stained glass Kuan Yin (Bodhisattva of Compassion) over the front entrance created by a local artisan.
 - 👁️ Solar panels on the west roof and a geothermal installation under the eastside lawn provide heat and air conditioning.
 - 🚻 **Washrooms:** through glass doors on the right in the Atrium.
- 2 Krishna Creek**
Starts high on the property and runs through the Ashram.
- 3 Siva Hall & Library**
Residences and Library. Siva Hall was built by the first Ashram residents and was our main office, reception and bookstore until 1996. Now the ground floor and the rooms above accommodate guests and residents. The lower floor facing the lake is our library.
Look for:
 - 👁️ Internet connection in the library and books that can be signed out while you are here. Please return them before you leave!

- 4 Main House**
This small building was built in the 1930s before the Ashram was founded. It served as living quarters and classroom for the first Ashram residents. Until 1996, it was the Ashram's kitchen and dining area.
Look for:
 - 👁️ Rare century-old heritage apple trees that surround the building.
- 5 Beach Prayer Room & Divine Mother Prayer Room Meditation Rooms.** The Beach Prayer Room, built in 1964, was the first building constructed by Ashram residents. Used for satsangs until the Temple opened in 1992. The Divine Mother Prayer Room is a log cabin, built in 1948. This was Swami Radha's residence in the early 60s. In 2009, it was converted into a prayer room.
- 6 Tipi**
Acknowledging First Nations. For meditation and ceremonies.
- 7 Tool Shed & Preserving Kitchen**
Behind the Toolshed, tucked into the hillside, is a naturally cool root cellar. Above is the Preserving Kitchen for our orchard and garden produce.
- 8 Garden & Orchard**
2.5 acres of organic gardens and orchards established in the 1970s. We now serve about 55,000 meals a year with 25% of our food coming from the garden, and an additional 40% from local farmers.
Look for:
 - 👁️ Wash and weigh station for handling garden produce. The photovoltaic panels on the roof convert light into electricity for the Temple of Light.
 - 👁️ The mobile hoop house near the bte garden provides fresh greens and vegetables year round.
 - 👁️ 'Raj' ('king'), the huge ponderosa pine on the edge of the garden near the Barn.
- 9 Temple of Light**
Opened in 2018 and dedicated to the Light as a symbol of hope, peace, and unity. Swami Radha's original Temple was based on a vision from a recurring dream. Doors on all sides showed that people could approach the Light from all directions, cultures, and traditions. Destroyed by fire in 2014, it's magnificent and innovative replacement symbolizes renewal in a new form.
Look for:
 - 👁️ The lotus-like flower design.
 - 👁️ The dimensional flow of entry to the Temple.
 - 👁️ Triple glazing, superior insulation and geothermal heating.
 - 👁️ Temple Prayer Room (down the path on the right-hand side) is another meditation room.
 - 🚻 **Washrooms:** on the left of the entry area.

PLEASE RESPECT the privacy of our residents and guests.

- A Parvati**
Family and retreat accommodation.
- B Creek Cabin**
Retreat accommodation. A small log cabin that was on the land when purchased in 1962, renovated in 2010.
- C Ganesh**
Summer dorm accommodation. A former artist's studio, Ganesh has a spectacular view.
- D Radha House**
Guest and resident accommodation. Completed as family accommodation in 1972, Radha House has two ground floor apartments for guests with rooms for residents above.
- E Saraswati Lodge**
Guest accommodation. Saraswati Lodge provides rooms for up to twenty-eight people and includes a classroom and laundry. Completed in 1976, the cedar lodge was retrofitted in 2007, with exterior insulation and stucco to improve thermal performance.
Washrooms: from main entry go through doors on the left.
- F Many Mansions**
Private accommodation. Built in 1969, this was Swami Radha's home for many years. This residence also houses our historical archives and some offices.
- G Krishna Kutir**
Resident and dorm accommodations. Built in 1978 as a farmhouse and greenhouse and converted into residences in 1997.
- H Barn**
Guest and resident accommodation. Once a barn and dairy which was converted in 2006 to have rooms for 22 people, a classroom and laundry. This building has geothermal heating and cooling, solar light wells and bamboo flooring.
Look for:
 - 👁️ From the garden, there is a pathway up the hill that leads to the upper pasture where our cows used to graze.
 - 👁️ Solar heating panels on the roof for hot water.
- I Coop**
Guest accommodations. This three-bedroom residence was originally a chicken coop.
- Buddha Loka & Storage Building**
Accommodations and workshop. The upstairs now provides bedrooms and the workshop is used for carpentry and repairs.

We could not
continue without
the generous support of our
donors. The average daily cost
to run the Ashram is \$3300.
Please give what you can.
A BIG THANK YOU!

- | | |
|---|--|
|  | Dining Room
Breakfast 8:00 am to 8:30 am
Lunch 12:30 pm to 1:00 pm
Dinner 6:00 pm to 6:30 pm |
|  | Giftstore
Open daily |
|  | Satsang
Offered daily 7:30 pm to 8:30 pm |
|  | Hatha Yoga
Offered daily 6:50 am to 7:50 am |

We hope you have enjoyed
your visit. Come again soon,
and bring your friends! Sign
up for lunch, look online for
a workshop, retreat or longer
stay. **yasodhara.org**