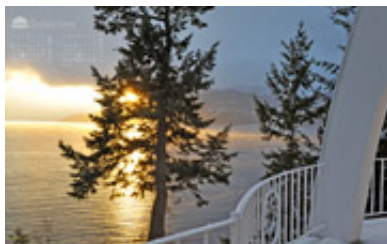


# Yasodhara Ashram

Newsletter



## PHOTO OF THE MONTH

Enjoy the beauty of the Ashram with this new desktop wallpaper.

[How to do it](#)

## RADHA CENTRES & EVENTS

### [YASODHARA ASHRAM](#)

**Wednesdays** Community

Hidden Language

6 - 7:30pm

Dream Yoga - 7:45 - 9:15pm

### [VANCOUVER](#)

**December 18** A Night of Christmas Carols: Live singing, flute, piano & violin during dinner!

7 - 9pm

**Sundays** Satsang

7:30 - 8:30pm

(please note that there will be no classes from December 20 - January 2.)

[schedule](#)

### [VICTORIA](#)

**Sundays** Satsang

8:00 - 9:00pm

2530 Fernwood Ave, second floor (between Bay and Haultain)

[yoga@radhavictoria.ca](mailto:yoga@radhavictoria.ca)

Patricia 250 298-8478

### [CALGARY](#)

**Mondays** Yoga of Healing

7:30 - 8:30pm

Downtown N.W.

### [MONTREAL](#)



## SEASONS GREETINGS!

As the year is drawing to a close, karma yogis are busy at the Ashram painting, putting up new ceilings, moving furniture, and preparing rooms to welcome guests for the holidays and then the [YDC](#). The Bookstore has a very new look, and the library has been amalgamated with Kali's Cafe. Also, Creek Cabin has been extended to include a bathroom, and there is new cork flooring in Radha House and soon, in some rooms in Saraswati. These external changes mirror the current internal changes happening with the management and organization of the Ashram. December has been largely about beautifying and finishing projects to take care of the Ashram and welcome in the New Year.



**December 19** Chanting, moments of silence, honouring the Light that is in all spiritual traditions.

4:30 - 5:30pm

### [TORONTO](#)

**December 18** Holiday Season Tranquility Workshop

1 - 4pm

19 Duncan St.

**Sundays** Satsang

7:30-8:30

609 Indian Rd.

### [OTTAWA](#)

**Mondays & Wednesdays**

Lunch Hour Yoga

12:15 - 1pm

**Thursdays** Mantra Chanting

12 - 12:30pm

### [SPOKANE, WA](#)

**Sundays** Satsang

9 - 10am

**Mondays** Kids Yoga

4 - 5pm

### [RADHA EUROPE](#)

**PAKEFIELD**

**Fridays** Satsang

7 - 8pm

**LONDON**

**Sundays** Satsang

7 - 8pm

**CAUDET**

**December 18** Holiday Season

Tranquility Workshop

1 - 4pm

19 Duncan St.

[m.margo.lee@live.com](mailto:m.margo.lee@live.com)

### **FROM THE BLOGOSPHERE**

[lightwaves.cc](http://lightwaves.cc)

[reaching for new heights](#)

[radhananda.org](http://radhananda.org)

[Roshi Joan Halifax endorsement](#)

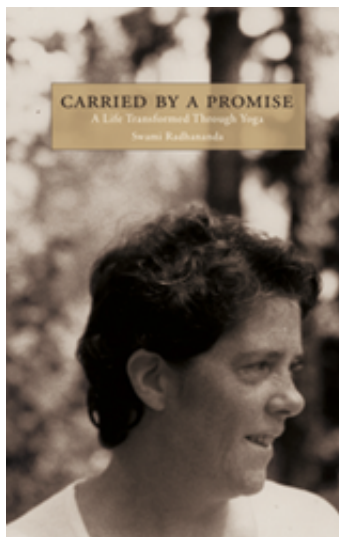
[postcarbonmeal.org](http://postcarbonmeal.org)

[radha centres](#)

[timeless books](#)

### [YOGA OF LIGHT RETREAT](#)

Breathe in the peace, beauty and inspiration of the Ashram during this holiday season. Look back over 2010: what have I learned? What are my victories? And then looking ahead: What do I want to create in my life in the new year? Yoga of Light Retreat days include hatha yoga, karma yoga, a workshop, time for reflection and relaxation and satsang. Come for as many days as you wish.



### **CARRIED BY A PROMISE UPDATE**

Carried by a Promise will arrive at the Ashram for Christmas! The book will be available exclusively at the Ashram Bookstore until its official release in January, then at your favorite independent bookseller. To order from the Ashram Bookstore, please call 1-800-661-8711 (Canada) or 1-800-251-9273 (USA).

We're really appreciative of everyone who's helping promote Swami Radhandna's book and organize the tour. To help you out, we've created a [book kit](#) with all the posters, pictures and text you'll need.

### **COURSES & RETREATS**

**December 21st - January 1st** - [Yoga of Light Retreat](#)

**January 8th - April 8th** - [Yoga Development Course](#)

**Yasodhara Ashram** is a vibrant spiritual community resting on 115 acres of woodland where the mountains touch the waters of Kootenay Lake.

[visit our website](#)

[make a donation](#)



**Yasodhara Ashram Society** | Box 9 527 Walker's Landing Road | Kootenay Bay, BC V0B 1X0 CA

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