

Yasodhara Ashram

Newsletter



Radha Centres and Events

VANCOUVER

Classes resume 6 Sept

Open House

with Free Classes all day Sept 17

Satsangs

Sundays 7:30pm

Yoga for Seniors

Fri 11:30 - 12:30pm

Meditation Time

Mon 4:30 - 5:00pm

Mantra Chanting

Thurs 7 - 7:30pm

Hatha Classes

Most days 9:30 - 10:45am,

5:30 - 6:45pm & 7 - 8pm

Plus much more.

Cooking Classes with Andrea Potter

CALGARY

Hidden Language

Sunday 1 - 2:30 pm

Sept 18 - Nov 20

Satsangs

Sun 7 - 8 pm

CANTERBURY, ENGLAND

Classes resume Sept 14

Hidden Language

Wed 6:30 - 7:45pm

Dream Yoga

Wed 8 - 9pm

SPOKANE

Open House

with free classes Sept 10

Satsangs

Sundays 10 - 11am

Your Wheel of Life-

Explorations

for Young Adults

Tues 7 - 8:45pm, Sept 20 & 27

Inner Conversations -

Exploring the Power of

Speech

Sat 2 - 4:00pm, Sept 24

TORONTO

Satsangs

Suns 7:30 pm

Hatha Yoga Classes

Thurs 6 - 7:15pm, from Sept 8

Mon 8 - 9:15pm, from Sept 12

lightfilledyoga@hotmail.com

AUCKLAND, NZ

Sing your Heart Open

Sat 7 - 10pm, Sept 3

Introduction to Kirtan

Workshop

Sat 2 - 4 pm, Sep 17

Premratna108@gmail.com



Warm and sunny, the lake is sublime for a cooling dip. Many people are visiting for retreats, courses and workshops and many more came for the AGM and Centenary Celebration.

The garden and orchard are producing fresh, organic food in abundance. We are harvesting a large variety of fruit and vegetables from tomatoes, cherries, saskatoons, zucchini and cucumbers, peas, and raspberries, to NZ spinach, broccoli, herbs, turnips, cabbage, carrots and potatoes.

As many people start to plan well in advance for Yoga Development Course, in this issue, we are providing additional information about the opportunities that this course opens up for people. We have also added more details about the YDC to the Ashram website. So, please, forward this newsletter to anyone you know who you think might be interested, for 2012 or for the longer term.



SAN FRANCISCO, BAY AREA
Hatha Yoga Classes
 Tues 6 - 7 pm, from Sept 6
Hatha: Hidden Language
 Thurs 9:30 - 10:30am
Kundalini Yoga
 Sat 10 - 12pm, Sept 10
maryruthgreen@sbcglobal.net

VICTORIA
Bhajans and Satsangs
 Sun 7:30pm
 from Sept 19
Hidden Language
 Mon 5:45 - 6:30pm

NANAIMO
Seniors Stretch and Relax
 Mon 11:30am Sept. 12 - Oct. 24
 Weds 12:30pm Sept. 14 - Oct. 19,
Health and Healing
 Fri 10:00am Sept 16 - Oct 21
Kundalini Yoga
 Weds 7:00pm Sept 14 - Oct. 19

LETHBRIDGE
 Classes resume Sept 19
Satsangs
 7:30pm from Sept 18

ORANGEVILLE
Satsangs
 3rd Sunday of each month
elaine101@gmail.com

ISLE OF WIGHT
Yoga of Dreams
 Sat 2 - 4pm, Sept 17

CRAWLEY, ENGLAND
Satsangs

Sun 4pm

CAUDET, FRANCE
Satsangs
 Sundays

Hidden Language Classes
 Wednesdays
Hidden Language Day Workshops
 in French Sept 3 and 24
Steps to Freedom
 5-day course Sept 11 - 16
Equinox Rose Ceremony
 Friday Sept 23



Photo of the month

[How to make this your desktop wallpaper](#)



Annual General Meeting

The AGM is always a highlight in the year. We meet old friends, many of whom have dedicated time to offering yoga classes and other support as Karma Yoga in their local communities near and far. Taking stock, we saw the progress of projects like the Lands Plan and Food Flow. We also explored many exciting new ideas for the future, including an Ashram Institute, a Refresh Program for our logo and website and rethinking the newly opened-up space at Radha Vancouver. There was enthusiasm too for the Young Adult Program and for opportunities for young people to continue to develop through a more formalized internship program. You will be hearing more in the months ahead.



and a beautiful new video of

commitment, initiation and
 e also posted a selection of our



The Yoga Development Course

August is an excellent time to start thinking about taking the [YDC \(January to April 2012\)](#) and to make plans.

This is a highly successful intensive three-month program (7 day a week, full time, residential intensive, totaling 675 hours of class time), designed to give an in-depth introduction to the major branches of yoga and a foundation in personal and spiritual development. It is for anyone who wishes to do extensive work on themselves and learn from living in a spiritual community. The course is of lasting value to potential yoga teachers and to anyone who wishes to deepen their yoga practice and make permanent changes in their approach to life. It is also the prerequisite for all of our Teacher Certification programs.

For anyone who is considering the YDC but looking for a 'taster' in advance, consider one of our Fall workshops or [7- or 10-day Yoga Retreat](#).



Post YDC Extended Stays

When planning to take the YDC you will also wish to consider extending your stay for up to 5 months at no charge. This opportunity is offered to support you in the work done during the YDC. It helps you to put your learning into action, and develop a deeper understanding of what it means to live in a spiritual community.



Suzanna, Juniper with family, Catherine and Joah

YDC Participants Return

Suzanna Lonsdale and Juniper Glass are among those who returned to the Ashram this month to renew their teacher certificates. They reflected on their experiences of the YDC.

Juniper, “I did not know what I wanted to do with my life when I took the YDC. I gave myself answers during the course and these return to me now and give me a sense of continuity, especially when I am losing my way or unhappy. I learned practices, reflection, looking at symbolism, taking responsibility for my choices. I know I can use these to make changes. Now, I have lots of responsibilities. I am a mother. I work full-time and I really appreciate having the space here in beautiful surroundings with good meals and the encouragement of teachers to continue my search for the Light within. It is the best nurturing possible.”

Suzanna had taken Yoga classes before she took the YDC and now sees the YDC as the foundation stone of her spiritual life, “Returning to the Ashram for teacher renewal allow keep going deeper. I fill up with Light here and go

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