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Yasodhara Ashram
YOGA RETREAT & STUDY CENTRE

CELEBRATING
50
YEARS
1963-2013

CELEBRATING 50 YEARS - JANUARY NEWSLETTER



Welcome to Yasodhara Ashram's 50th Anniversary

Why has the Ashram lasted for fifty years? Because people want to know themselves and how to live their lives. This sacred place has served its purpose for a long time, and yet a new vitality keeps coming through. At this point I feel we have the best of what has been built in the past, the excitement of what is happening now, and a vision that keeps on going and changing at the same time. Please join us whenever you can. You are all most welcome!

Swami Radhananda
President of Yasodhara Ashram



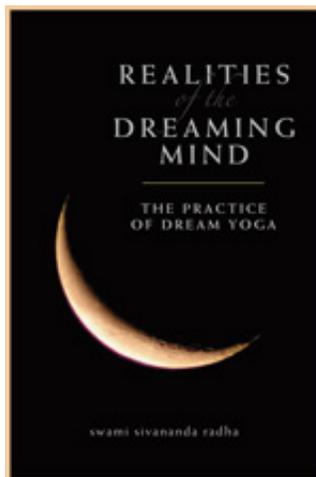
UPCOMING ASHRAM COURSES



- [Hatha Yoga Teacher Certification](#): In this course you will learn how to teach classical asanas and integrate spiritual practices into the classroom.
April 9 - 19
- [Power Pack: Life Seals and Straight Walk](#): This special five-day program gives you the opportunity to gain perspective on your life through two of Swami Radha's most powerful self-development workshops - Life Seals and Straight Walk.
May 3 - 8
- **Personal Retreats** are available all year at the Ashram. And now, during the intense internal focus of the YDC, is a wonderful time to book your private room for quiet reflection. Contact us for more information. Also available to YAS members is a beautiful cabin at Yasodhara Heights, built to green standards. Self-contained with private kitchen, bathroom, separate bedroom and office space, it has a wonderful view to the mountains. Please [contact us](#) for price and availability.

[Visit our course calendar](#)

Featured Book



**Realities of the
Dreaming Mind**

What's in a Newsletter?

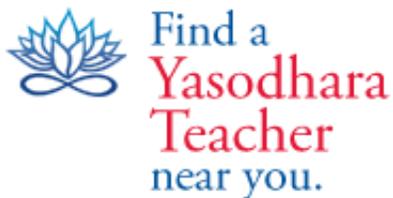
We are delighted to introduce the new look of our 50th Anniversary newsletter. The redesign is part of "Renew and Refresh," an initiative which has been sweeping through the Ashram and will also be unveiled in the new website (coming soon) and brochure (available now). Each newsletter this year will include an Ashram "Historical Moment," a monthly teaching theme, an art project, an Ashram recipe and an inspirational quote. [You can also review past newsletters through the archive.](#)

We want the newsletter to keep you updated in this special year. But whenever you can, why not come and experience it for yourself?

Yasodhara Ashram's Beginnings

by Swami Sivananda Radha

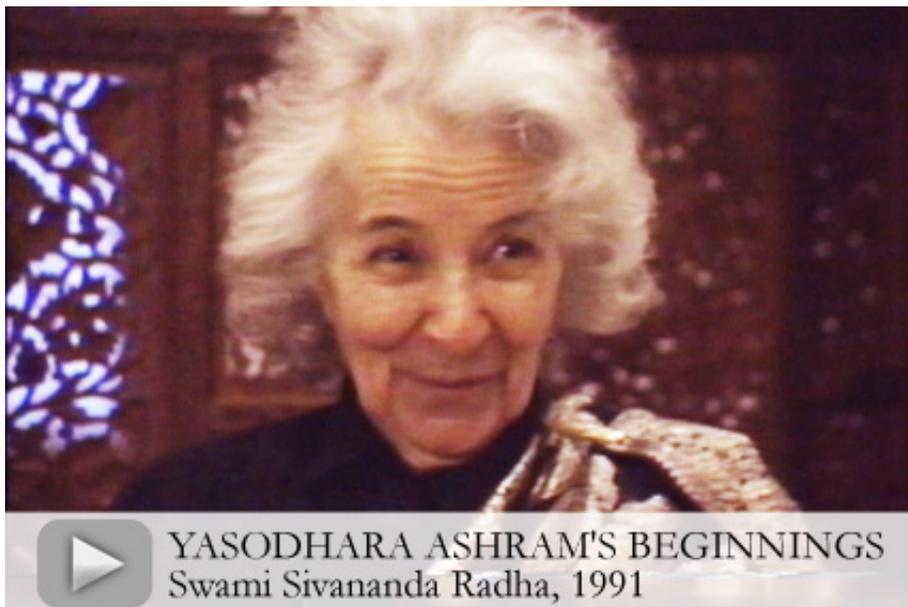
www.timeless.org



January Recipe:
[Kale Edamame Fritters](#)

"Paying attention to image, symbol and metaphor in daily life gives you the freedom to learn from yourself rather than from the criticism and judgment of others. The more attention you pay, the more guidance you will receive from your inner guide—a really good friend who is very happy and willing to take care of you, if you let it happen."

Swami Sivananda Radha
Realities of the Dreaming Mind



Swami Radha tells the story of how "Yasodhara" came to be the name of the Ashram. A Talk in the Temple, 1991

[Watch the video](#)

2013 Program Brochure is hot off the press!



Our new brochure is now available and features a beautiful, fresh design. You can help us spread the word by giving brochures to friends or by dropping them off at your favorite stores and cafes. Brochures are available in batches of twenty. To request copies please contact [Swami Samayananda](#) with your mailing address and quantities. Thank-you!



Yasodhara Ashram - A Model for Sustainable Living



Desktop Photo of the Month

[Make this photo my
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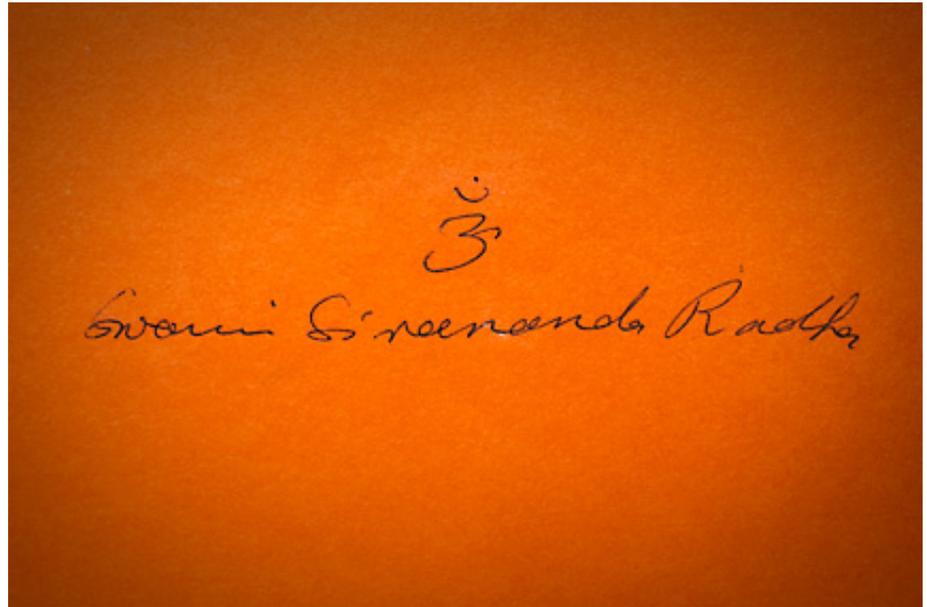


One of our 2013 sustainability goals is to significantly reduce our waste by embedding awareness and efficiency into our practice. Ultimately our vision is to eliminate the use of the dumpster located outside Mandala House. In the meantime, we continue to reduce our waste as we research alternative methods of disposal. We are ramping up our recycling initiatives with more receptacles and through educating everyone onsite. What karma yogis will recall as the 'dump run' is now the 'recycling run' (and we use our Neighbourhood Electric Vehicle to do this!).

The Ashram has long been committed to reducing and reusing waste products. Anyone who has spent time here will be familiar with our diligence in collecting batteries, tetra paks, light bulbs, etc.; our creativity in repurposing clothing and linens; and our dedication to transforming food wastes into garden compost.

Creating simple processes to reduce, reuse and recycle contributes to our goal of long-term sustainability, integrates the practice into our daily lives, and makes it approachable for all residents, students and karma yogis.

The Story of the 50th Anniversary Signature Courses



When a small group of us began planning the 2013 course program, we recognized how far ahead of her time Swami Radha really was. She had taken intuitive leaps in bridging the Eastern teachings to the West, understanding that for yoga to be effective it had to speak to our culture and our times. She integrated the best of Western psychology with classical yoga practices to create a foundation for self-development. Her workshops lead us to understand our own symbolism and to awaken our intelligence.

So instead of creating new courses for the Ashram's 50th Anniversary, we were inspired to create new combinations of those original courses that have proven effective for decades. The 50th Anniversary Signature Courses are a great introduction for people new to the Ashram and they are equally relevant for experienced teachers. Each course allows you to experience for yourself Swami Radha's unique genius. You can choose from a range of Signature Courses that focus on the body, devotion, self-development or symbolism. Each course offers a unique focus. Choose your path!

- Power Pack: Life Seals & Straight Walk
- Calling to the Divine: Music & Consciousness, Sacred Dance, Mantra
- Who am I?: Identification & Self-Image
- Body as a Temple: Hidden Language Hatha Yoga, Sacred Dance, Relaxation
- Key to the Unconscious: Dream Yoga & Straight Walk

[Click here for more detail.](#)

Yoga Development Course 2013



Nineteen individuals have come together by divine appointment for the 44th annual YDC. This year everyone has had previous experience at the Ashram including four Ashram residents, eight alumni of the Young Adult Program, and seven previous participants in the 10 Days of Yoga program. We are especially pleased to welcome our international students from the US, Brazil, and Switzerland!

PS: For those who like to plan ahead, the next YDC is scheduled for January 8th - April 8th, 2014. If you are new to the Ashram, we recommend taking a 10 Days of Yoga course first, offered each month from May through October. [Check our website.](#)

News at a Glance

- **Live Bhajan Blast:** Tune in on Sunday, January 27th for live streaming of our Bhajan Blast. [Join us in singing from the heart.](#)
- **Dance is Yoga... Yoga is Dance!** As part of our celebration year, we are practicing a different sacred dance each month; right now it is the Ashram Prayer Dance. If you would like to join in by learning the dance or refreshing your practice, you can order the DVD from the [Ashram bookstore](#) (800-661-8711); includes rare original footage of Swami Radha demonstrating movements.
- **What's in a Facebook name?** Spread the news! Our Facebook address has been updated - you can now find the Ashram Facebook page at: www.facebook.com/yasodhara.org. Invite your friends to "like us" and connect with over 1,400 others who follow the Ashram's news and

updates.

CELEBRATING 50 YEARS

January's theme is **Symbolism**.



Historical Moment: What is in a name?

In 1956 Gurudev Sivananda sent Swami Radha back to Canada to start an ashram. The location, he said, will have water in the front, mountains in the back and tall trees all around. Following the clues, Swami Radha eventually was led to the property at Kootenay Bay, where she experienced beach pebbles shining like diamonds and had a deep sense of returning to her old hunting grounds.

Viewing the 1908 survey plans, Swami Radha was amazed to see that the property was originally titled "Yasodhara Estates." Why an East Indian name in the wilds of British Columbia? Yasodhara, she knew, was the Buddha's wife and Yasodha, the foster mother of Krishna. "So the women will come," she said, symbolically interpreting the message. Yasodhara Estates became Yasodhara Ashram in 1963. And indeed for the past fifty years many women have come and benefitted from the teachings. Swami Radha has also asked that her lineage continue to be passed through women. Seems like there must have been a plan all along?

[Watch the archive video to hear Swami Radha telling this story.](#)



This month's teaching theme is Symbolism

As we launch the Ashram's 50th Anniversary celebrations, we are especially grateful for Swami Radha's teachings, which can guide us to the Light within. You can stay connected to the many strands of the teachings through the Ashram's monthly themes. Join in, wherever you are, by doing your own reflections or by sharing with someone you know. Let's create an expanded network of Light as we deepen our understanding.

"Symbolism" is the theme for this month.

[Click here for ideas and suggestions on bringing Symbolism into your daily practice.](#)



January Art Project: Working with Clay

In honour of the Ashram's 50th Anniversary, we invite your creativity to the celebrations! Saraswati, the goddess of knowledge, speech, art and music, is alive and well in each one of us. The Ashram's teachings are part of the Saraswati lineage and a main focus of the teachings is to make all we do in life an offering.

Each month, we will suggest an art project for you to enjoy at home or with your community - an opportunity to explore gratitude and devotion expressed through art.

January's Art Project is working with clay, a medium that is very alive and responsive to touch. Here is a project that anyone can do.

[Click here for directions on how to create your own Clay Díps.](#)



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

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