



Yasodhara Ashram
YOGA RETREAT & STUDY CENTRE

CELEBRATING
50
YEARS
1963-2013

WELCOMING THE FUTURE - JULY NEWSLETTER



"Welcoming the future" could also translate as "gladly receiving something that is emerging." The recent experience of gladly receiving thirty-six children at the Ashram for Family Week brought a tangible experience of something emerging. As one young girl said to her mom, "When I grow up and come to Family Week with my children, will you come with us to babysit?"

Swami Radha followed the request of her guru to start an Ashram in the West. From the unseen, she manifested the potential that has evolved into Yasodhara Ashram. Fifty years later, we continue to co-create this emerging vision of Light-centred space.

Join us for our 50th Anniversary Celebrations where we will honour the past and welcome the future with wholehearted wonder!

- [Hidden Language Hatha Yoga Teacher Certification](#): Learn what it means to teach from your experience through our intensive fourteen-day Hidden Language training process, and gain greater appreciation of the body as a spiritual tool. As a teacher, you will learn to use the tools of metaphor, symbolism and written reflection to help others access the "hidden" messages

of the asanas - physically, psychologically and spiritually.

July 24 - August 6

- [Hatha Yoga Teacher Renewal](#): Teaching and sharing the benefits of Hatha Yoga is an ongoing learning process, always with something new to discover or explore. Refresh and renew your teaching as you share with others who have taken the Ashram's Hatha Yoga training.

August 1 - 6

- [Body as a Temple: Sacred Dance, Hidden Language & Relaxation](#): Give yourself the time to honour and respect your body. In this program, you will listen to your body's messages through the Hidden Language Hatha Yoga course; you will practice devotional movement through sacred dance as an expression of the heart; and you will absorb the healing and rejuvenating benefits of deep relaxation. Re-enter your life with these sustaining practices to nourish yourself and to respect your body as a divine messenger.

August 12 - 17

- [10 Days of Yoga](#): One of our most popular programs for students of all levels, this course is designed to offer practices that support your personal and

UPCOMING
ASHRAM
COURSES



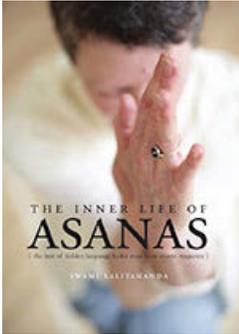
spiritual development. Instruction is given in a variety of traditional yogic practices combined with original courses Swami Radha created for personal development. Give yourself ten days to expand your understanding of who you are and who you want to be.

August 15 - 25

- [Personal Retreats](#) and [Artist and Professional Retreats](#) are available year round at the Ashram - take time to renew spiritually and creatively.

[Visit our 2013 program calendar](#)

Featured Book



The Inner Life of Asanas

by Swami Lalitananda

www.timeless.org

The Temple Manifesting *Swami Sivananda Radha - September 1989*



As the eighth arch of the Temple is raised, Swami Radha celebrates by reflecting on the Light within all faiths and the Temple as a sacred space open to those in search of the Light. She speaks of symbolically building the Temple within ourselves and of the union between the manifest and unmanifest.

[Watch the video](#)



July Recipe:

[Cucumber Dill Soup](#)

*"We can open to our inner life through the asanas if we are receptive to their hidden meaning and to our own hidden depths."
(p 10)*

Swami Lalitananda
The Inner Life of Asanas

The New Eastern Network



More and more people are learning about the Ashram through our beautiful new website and from friends who have been here, but not everyone can travel to the Kootenays. Our plan now is to intensify our regional presence by offering workshops and supporting our dedicated network of teachers where they are.

The first experiment will focus on Eastern Canada. [Swami](#)





Desktop Photo of the Month

[Make this photo my
desktop image](#)

[Samayananda](#) will be teaching for the months of September and October in Ottawa, Montreal, Halifax, Toronto and Kitchener, as well as in Vermont. There will also be two Yasodhara Teacher gatherings - one in Ottawa and another in Toronto.

Alicia Pace will also travel east this fall, offering the Straight Walk® to support straight thinking and action in the workplace. Alicia will weave together her understanding of organizational development with her immersion in Yasodhara teachings, using her professional network to reach an expanded audience.

We invite you to be part of this new initiative by participating or inviting your friends and family to attend. [View the schedule here.](#) You can also help us by passing along info on conferences or events in your area. Who knows where the next regional network will be? Email [Swami Samayananda](#).

Welcoming Ashram Guests - New Entrance Banners!



Four banners twelve feet high by three feet wide now hang in procession on Walker's Landing Road, waving a warm welcome to Ashram visitors and marking the point of entry.

Many people contributed to the project. The design incorporates illustrated Ashram scenes by Michael Wou. Dan Seguin and Swami Premananda worked on the concept and installation design. Alanda Greene created the setting with rocks collected from Waterfall Road. Comfort Welding in Creston custom-made the flagpoles, while Sonni Greene and Adolf Schmidt oversaw the digging, welding, rock moving and installation. Swami Sivananda had a dream that inspired the base, using iron pallets that had been donated to the Ashram just the week before.

Many people over the years have commented on the symbolic significance of the "Please Slow Down" sign at the Ashram entry. Now there is a new reason to slow down - to appreciate the beauty of these colorful banners. So as you enter the Ashram take a deep breath, enjoy the moment, and know that you are welcome!

Commuting to Work - Alicia Pace



Alicia moved from Montreal to Kootenay Bay two years ago and lives at Yasodhara Heights. She lived at the Ashram as a child, contributed to ascent magazine as a young adult and is now the Treasurer of Yasodhara Ashram Society.

When I lived in Montreal, riding my bike was my main mode of transportation and I missed it. We now live on the side of a mountain and at the end of a long day, hiking the 2 kms uphill to Yasodhara Heights in the heat of the summer isn't appealing. I found myself driving more than I wanted to.

With the Ashram's focus on sustainability I was looking for a way to be more environmentally responsible. Then I noticed that Alanda Greene rode her bike to work yet never looked overheated, which seemed suspect as I know she was riding up and down huge hills. Alanda shared the details of her 'electric assist' bike and I was really pleased to discover an environmentally friendly option for my work commute.

With the electric assist bike I can maintain an even peddling pace despite the steep inclines. It's faster than walking and I am not emitting carbon! I am not a hardcore cyclist but I do love riding my bike so this is perfect for me. I can enjoy my surroundings and still feel like I am getting home in good time.

[Learn more](#) about electric assist bike option.

[Learn more](#) about the Ashram and Sustainability.

Family Life in Community - Family Week, July 8 - 12



This year we extended a special invitation to families to attend our first Family Week and by all accounts, it was a great success!

The Ashram was at capacity with 23 families that included 33 adults and 36 children ranging in age from 17 months to 12 years old, plus four teens 13-17 in the Teen Program. Families from Quebec to the West Coast travelled to the Ashram for a week full of activity. Some were new to the Ashram; other parents had participated in the Young Adult Program and now returned with their own children; and one couple had been married at the Ashram!

Each day consisted of Family Karma Yoga, Family Hatha Yoga and adult (and teen) workshops concurrent with the children's program. The days wrapped up with an early child-friendly satsang and a regular satsang for those who could sit still for an hour! Children enjoyed a beach dinner, a forest adventure walk, time with the chickens and in the garden, swimming in the lake, [play and crafts in the amazing Kids Zone](#), and a wonderful Farewell Gala featuring songs, poems, stories and dances on the new stage under the chestnut tree.

Parents and children experienced the potential of family life in community, spending time together in yoga, work, play and retreat. Many new friendships were formed and many promises to return were shared.

Visit the Ashram's [Facebook page](#) to view the many photos taken during the week. And remember, families are [welcome year round](#) at the Ashram!

There Are No Accidents On The Spiritual Path - Bryn Bamber



In the past year, Bryn has developed a rich relationship with Yasodhara Ashram. Starting from the Young Adult Program she moved into the Three-Month Immersion, then into the 2013 YDC, the Hatha Teacher Certification and a Food Flow Internship. She recently committed to stay at the Ashram until the fall of 2014.

Viewing a potential apartment during the fall of 2010 in Thunder Bay, I met a fellow apartment seeker who, it turned out, was not my competition but my bridge to the Ashram. Within an hour of meeting Jocelyn, I experienced my first Divine Light Invocation and before long, I had read Kundalini Yoga for the West, Light and Vibration and participated in a Rose Ceremony. I remembered that my grandmother and mother both had a long history with yoga in the Sivananda lineage. It was inevitable that I would connect to Yasodhara Ashram.

I left Thunder Bay after two years to search for my philosophy of

education, which I have since discovered at the Ashram. Understanding that we learn through our life experiences and that the more personal the learning is the more meaningful it is, my time at the Ashram has opened my world. My personal growth has accelerated, and through the Food Flow internship I am learning practical skills. I've also learned to work with compassion, taking responsibility for myself and acting from what I know.

The opportunity to live my ideals and to continue to grow is a priceless gift for which I am very grateful.

Last year, Yasodhara Ashram awarded \$67,000 in bursaries to Young Adults and those with limited incomes. Your donation supports individuals like Bryn who are learning to lead and creating new pathways.

Please [donate](#) now.

[Learn more](#) about the Young Adult Program.

News at a Glance

- **Bhajan Blast** - [Tune in](#) on Sunday, July 28th, 7 - 8 pm Pacific as we broadcast our first Bhajan Blast direct from the beach on Kootenay Lake - weather and technology permitting. Join us live in generating positive vibrations through sacred song and dance.
- **Taste of the Ashram** - This [drop-in program](#) is gaining momentum and awareness with local visitors interested in learning more about the Ashram. Our next program is Saturday, August 3rd, 11 am - 2:30 pm.
- **50th Anniversary Celebration, August 7 - 11** - We are having a [multi-day celebration](#) and everyone is invited! Learn more about how the Ashram works behind the scenes and get involved in creating a vision for the next 50 years. Celebrate our rich heritage and participate in the festivities!
- **Indian Classical Music Concert & Workshops** - Join us on Saturday, August 24th at 7 pm for a flute and tablas concert with [Raj and Utpal](#), who have performed together for 30 years all over the world. Concert tickets are \$15. For info about workshops scheduled for August 24 and 25, please [contact the Ashram](#).
- **Yasodhara Harvests** - We've recently gathered and packaged local wild herbs to create three Yasodhara Teas blends - Divine, OM and 50th Anniversary. And we've gathered wildflower seeds around the Ashram to create packages that include: Lupine, Calendula, Double Poppies, Columbine, Hollyhock, and Echinacea. Additionally fragrant lavender (grown and harvested at the Ashram) bouquets, sachets and pouches are making their way into the bookstore. Stop by the Bookstore on your next visit to explore the fragrance and flavours of the Ashram.
- **Ashram Participates in Straight Walk®** - Everyone at the Ashram - residents, guests, karma yogis, and staff for a total of 50 people - participated in a 2-day Straight Walk® workshop on June 17 and 18 and we've been having inclusive weekly classes since, dividing into smaller groups for in-depth reflection. The experience is providing insights for each of us and an expanded sense of community connectedness.
- **18th Annual Strawberry Social** - On Saturday, June 28th about 300 friends and neighbours dropped by the Ashram for strawberries and cream, a used book sale, and music from "The Many Bays Band." The Ashram was able to donate \$967.69 to the East Shore Ambulance Auxiliary and contribute \$250 to the band. Three visitors each won a door prize of a \$50 Yasodhara Ashram Gift Certificate. And by the way, we served 100 pounds of fresh local strawberries!



History of Hidden Language - The Body as a Spiritual Tool

In this 50th year of the Ashram we especially celebrate the gift of Swami Radha's teachings, including her unique approach to the asanas known as Hidden Language Hatha Yoga. Passing on these teachings was foremost in Swami Radha's mind from the time in 1956 when her guru, Swami Sivananda, first instructed her to take six asanas and go beyond the physical to the psychological and spiritual significance of each asana.

Her book, *Hatha Yoga: The Hidden Language* is a testament to Swami Radha's own practice and experience. She describes the asanas as "seals," each containing precious insights and a latent intelligence that is accessible to each individual. She invites us to discover the rich resource of inner knowledge by penetrating the symbolism of the asanas through asking questions and reflecting.

Swami Radha emphasized the importance of recognizing the body as a sacred vehicle. "The insights that come to you in Hatha Yoga will gradually go beyond the purely physical, so that the body will become a spiritual tool and you will receive the nectar and ambrosia of divine inspiration." (*Hatha Yoga: The Hidden Language*, p. 67)



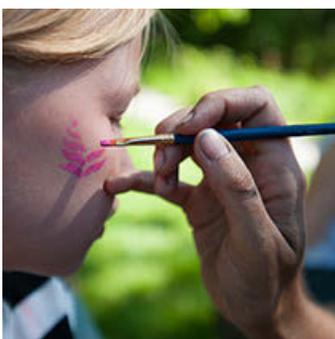
Teaching Guide - The Body as Temple

We are celebrating July with the theme of "The Body as a Temple." Whether you are at the Ashram or in our extended Yasodhara community, we invite you to explore your body as an amazing vehicle for the sacred.

"The Body as a Temple" is the theme for July 2013.

[Click here](#) for ideas and practices to assist you in exploring your body as an amazing vehicle for the sacred. View Swami Radhananda's video of a satsang talk offered in November 2008 in which she speaks to a group of Hatha Teachers about how yoga brings things together - on the mat and off the mat. Swami Radhananda conveys Swami Radha's teachings of Hatha Yoga from a personal perspective. In this month's audio excerpt, Swami Radha invites us into the paths of our senses to connect deeply within and also expand outward to the world around us.

Explore the theme of "The Body as a Temple" through the variety of practices and reflections in this month's teaching guide - all of which have been contributed by teachers in Canada, the US, Europe and Australia. Thank you for sending in your inspiring ideas!



July Art Project - Face Painting

Face painting dates back thousands of years across many cultures and has been used for hunting, military and religious purposes as well as for signaling inclusion in a team or tribe, and in portrayal of characters in theatre and opera. In the 1980s, face painting began to be used to delight children at fairs or parties.

During Family Week, Noemie Derungs - a 2013 Yoga Development Course graduate, karma yogi and artist - painted the faces of our visiting children.

"Face painting is not only about the design, image, shape or colour, even though most children are very specific about colour and placement," says Noemie. "It's also about the relationship created with each child during the short time we are together. Building trust, having patience and concentration are all important factors to ensure that each child has a quality experience.

[Click here](#) to read about the designs the children chose and for Noemie's face painting tips.

As we explore our bodies as vehicles for the sacred this month, which image, shape or design would you choose for your face?



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