



Yasodhara Ashram  
yoga retreat & study centre

## getting here

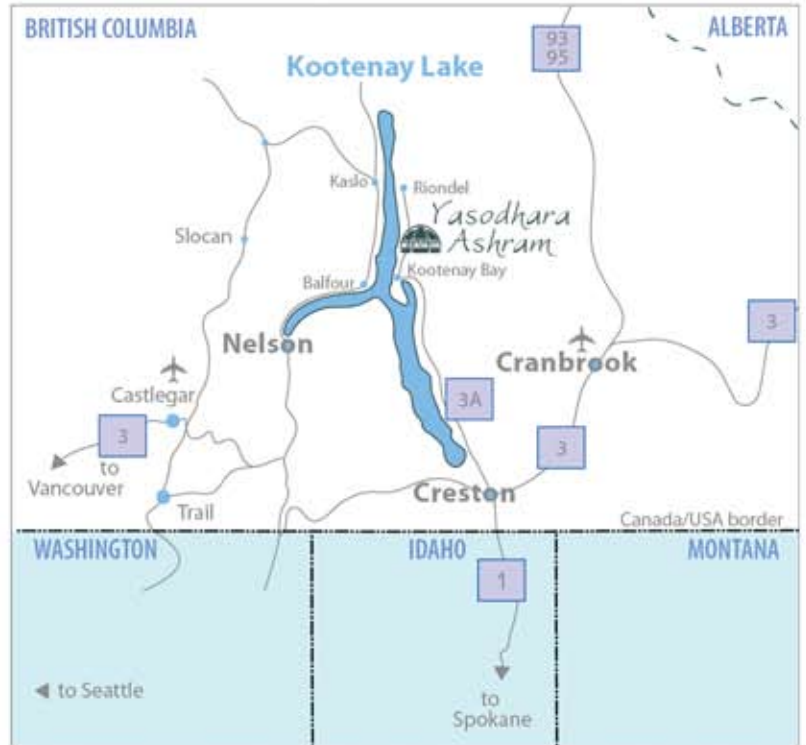
We are located in southeastern British Columbia, Canada, about midway between Vancouver and Calgary, north of the State of Idaho. Please plan to arrive during office hours, 8:30 am to 6:00 pm. Check-in times are between 2:00 and 6:00 pm. By Car - We are just off Highway 3A on the road to Riondel. We are 40 km northeast of Nelson by way of the Kootenay Lake ferry and 80 km north of Creston. Driving times are about 9 hours from Vancouver, BC, 8 hours from Calgary, Alberta, and 4 hours from Spokane, Washington. You'll be required to show a valid passport to enter Canada from the United States.

By Bus - Greyhound Bus Lines serves both Creston and Nelson. It is best to make connections to the Ashram using the city bus from Nelson.

By Air - Daily connector flights from the international airports in both Calgary and Vancouver come to Castlegar. (schedules of flights.) Except on Sundays, the Queen City shuttle service will bring you to Nelson.

Local Transportation - The Nelson city bus operates Monday through Saturday to bring you to the ferry at Balfour. The ferry service across Kootenay Lake operates from 6:30 am. to 9:40 pm. Please call ahead and we will pick you up at the ferry landing at Kootenay Bay.

Time Change - The East shore of Kootenay lake does not switch to Daylight Saving Time. This means that the Ashram is one hour ahead of Pacific Time in the Winter months. All ferry and bus schedules to Nelson run on Pacific time. In the Summer, the Ashram runs on Pacific Time.



## contact info.

Yasodhara Ashram  
527 Walker's Landing Rd,  
Kootenay Bay B.C. V0B 1X0

phone: 250-227-9224  
toll free: 1-800-661-8711

email: [yashram@yasodhara.org](mailto:yashram@yasodhara.org)