

**ONE-MONTH KARMA YOGA INTRODUCTION INFORMATION**

The intent of this question-answer information sheet is to provide prospective participants interested in Yasodhara Ashram’s One-Month Karma Yoga Introduction a clear idea of what Ashram life is like. Please read it thoroughly before completing your application, which is found below.

Applicants need to include at least two work/character reference letters with their application. We ask all accepted applicants to make a minimum four-week commitment. After four weeks, you can apply to extend your stay.

**What is Yasodhara Ashram?**

The Ashram is a spiritual community that continues to celebrate founder Swami Sivananda Radha’s yogic teachings, which she has adapted from the East for the Western practitioner. Yasodhara Ashram was established in Kootenay Bay in 1963. We are a registered charity and a thriving retreat and study centre with a diverse offering of [yogic practices](http://www.yasodhara.org/about-yasodhara/yasodhara-yoga/).  Hatha Yoga, the physical practice that most people associate with the word "yoga", constitutes a small part of what we do here. Our practices, as well as courses and workshops that are offered throughout the year, are described in greater detail on the [Ashram's website](http://www.yasodhara.org/).

**What is "Karma Yoga"?**

The main spiritual practice here at the Ashram is [Karma Yoga](http://www.yasodhara.org/about-yasodhara/yasodhara-yoga/%22%20%5Cl%20%22karma-yoga), the practice of selfless service. This means the work we do not only contributes to the functioning of the Ashram (from cleaning rooms to preparing meals and everything in between), but is also used as a tool to help us understand ourselves and grow into who we want to be. Participants in the One-Month Introduction participate in 8\* hours/day of Karma Yoga, as well as the morning Hatha Yoga classes, evening Satsang (chanting and prayers) in the Temple and weekly classes and workshops.
\* If you are 60 or older, there is an option to work 6 hours/day.

**What is the One-Month Karma Yoga Introduction?**

The One-Month Introduction provides an opportunity for personal exploration and growth in a safe, supportive and well-established spiritual community. Participants will be introduced to the different forms of yoga (for example hatha, karma, kundalini, bhakti and mantra), and learn how these can be practically applied in everyday life situations, both within and outside of the ashram.

As a karma yogi you will become an important part of the community. Hatha Yoga, evening Satsang and weekly classes will help to strengthen your understanding of the Ashram teachings. Occasionally there will be a half-day workshop to enhance your understanding of the yogic tools used at the Ashram. An important aspect of this program is learning to work within a spiritual community based on the teachings of Swami Radha. Participating in all aspects of the Ashram also helps us support the atmosphere that has been built up over many years of spiritual practices.

**Daily Schedule:**

|  |  |
| --- | --- |
| 6:50 – 7:50  | Hatha Yoga class |
| 8 - 8:30  | Breakfast  |
| 8:30 -12:30 | Karma Yoga (work as spiritual practice) |
| 12:30 -1:30  | Lunch  |
| 1:30 - 5:30  | Karma Yoga (work as spiritual practice) |
| 3:30 - 4  | Reflection Break  |
| 6 - 6:30  | Dinner  |
| 8 - 9  | [Satsang](http://www.yasodhara.org/about-yasodhara/satsang/) Satsang is a Sanskrit word meaning “in the company of the wise”. The community gathers for devotional singing and talks about experiences on the spiritual path.  |

Please note that all meals are eaten in silence to support personal reflection.

**Specific to this community**

**Drugs and alcohol**

Drugs and alcohol are not permitted in this program. Neither drugs nor alcohol are necessary for spiritual growth.

Upon your arrival you will be asked to sign an agreement that you will not use or possess any of these substances while you are here. Anyone found possessing or using these will be asked to leave the Ashram within 24 hours. There is a designated smoking area in the parking lot at the southern end of the Ashram for people who smoke tobacco.

**Relationships and sex**

The Ashram is a celibate community. While here, you have the opportunity to look inward and develop a solid foundation for yourself. Because our focus is on character building, self-reliance and emotional independence, we do not encourage romantic or exclusive relationships. Everyone is asked to dress modestly and to refrain from entering each other’s private living spaces for the purpose of socializing. Here, modest dress means no spaghetti straps, low-cut tops or muscle shirts; tops and bottoms that meet in the middle; and loose clothing.

**Yasodhara Ashram is a ‘Closed Retreat’ community**

Participants in the One-Month Karma Yoga Program are asked to remain on the Ashram’s property for the duration of their time in the program. Being on a closed retreat allows for the integrity of the experience to be maintained. If it becomes necessary to leave at any time due to unforeseen or extenuating circumstances, the applicant is asked to notify the office in writing.

**YASODHARA ASHRAM**

**ONE-MONTH KARMA YOGA INTRODUCTION APPLICATION**

**APPLICANT INFORMATION**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Gender \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Birth Date \_\_\_/\_\_\_/\_\_\_Age\_\_\_\_\_\_

Today’s Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (m) (d) (y)

Phone (\_\_\_\_)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-Mail Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Permanent Home Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Province/State\_\_\_\_\_\_\_\_ Post/Zip \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Country \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PERSON TO CALL IN EMERGENCY**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Province/State\_\_\_\_\_\_\_ Post/Zip \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Country \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone (\_\_\_\_)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-Mail Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Upcoming program dates in 2016 and 2017 are: (please bold or circle your preferred program)**

Nov 14 - Dec 12 / Dec 12 - Jan 9 **2017:** Jan 10 - Feb 6 / Feb 7 – Mar 6 / Mar 7- April 3 / April 4 - May 1 / May 2 - May 29 / May 30 - June 26 / June 27 - July 24 / July 25 - Aug 21 / Aug 22 - Sept 18 / Sept 19 - Oct 16 / Oct 17 - Nov 13 / Nov 14 - Dec 11

How long would you like to stay? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Would you be willing to make a minimum of a four-week commitment? Yes No

**FOOD**

**Food Category (Bold or circle ONE choice)**

Most of our meals are vegetarian. We occasionally offer chicken or fish. Please indicate your food preference:

Occasional Chicken or Fish Occasional Fish Vegetarian Vegan

**Food Intolerances (Bold or circle ALL that apply)**

A food intolerance impacts digestion and does not involve the immune system. It is not life-threatening.

Wheat Dairy Gluten Soy Nightshades Dry Beans Corn

Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**YOUR STAY**

**Is this your first visit to the Ashram?**

Yes No

**How did you hear about us? (Bold or circle ALL that apply)**

Google Ashram website Facebook Program Brochure Yasodhara Yoga Centre

Word of Mouth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**How are you travelling?**

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**Do you need a ferry pickup?**

Yes No

**When are you arriving at the Ashram?**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (m) (d) (y)

**When are you departing from the Ashram?**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (m) (d) (y)

**Comments or Special Instructions?**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**HEALTH INFORMATION**

**Emergency Medical Services:** The Ashram is at least one and a half hours from the nearest hospital and three hours from larger hospitals with specialized services. Because of the Ashram’s isolated rural setting, ambulance services are not always immediately available; at best an ambulance takes half an hour or longer to arrive on the Ashram site. Although the Ashram has basic first aid and a medical clinic is nearby, the clinic is only open three days per week and is without emergency service; accordingly the Ashram’s ability to respond to medical situations is limited.

Given our remote location, health services can be quite costly for individuals who do not have adequate health insurance coverage. For example, one trip to the hospital in an ambulance costs about $400.00, just for the trip alone!

**Allergies (Bold or circle ONE choice)**

An allergic reaction can affect the skin, gastrointestinal, respiratory, immune or cardiovascular system.

I don't have significant allergies I'm moderately allergic I'm severely allergic (life-threatening)

Please list each allergy and degree of severity:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Physical Constraints (Bold or circle ALL that apply)**

Do you have any physical constraints that could affect your participation in daily activities?

None Back problems Knee problems I have trouble with stairs

Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Medical Concerns (Bold or circle ALL that apply)**

None Coronary Diabetes Asthma

Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Are you currently taking any medications? (Bold or circle ONE choice)**

Yes No

If yes, please list your current medications:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Have you had any critical illnesses or life-threatening medical incidents?**

Yes No

If yes, please describe:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Do you have any communicable health conditions that may require extra precautions be taken to protect others with whom you may be living (e.g., athlete’s foot)?**

Yes No

If yes, please describe the condition and precautions you take.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Do you have any emotional or mental conditions that may affect you during your stay?**

Yes No

If yes, please describe:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Are you currently under the care of a therapist, counselor or physician?**

Yes No

If yes, please describe:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Do you smoke?**

Yes No

**Are you currently or have you in the past struggled with substance abuse, dependency or addiction?**

Yes No

If yes, please provide details including any treatment or recovery program:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**What additional support would you need from us to enable you to be here given what you have stated above?**

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**HEALTH COVERAGE**

If you are from outside Canada, then you will need to send us a copy of your health insurance policy that is valid for your time in Canada. If from Canada, you will need to have a valid health care card. Otherwise, you will need to purchase emergency travel insurance for your time here. Your acceptance into the program is dependent on this document.

**What is the status of your health insurance coverage? Briefly describe the name of your plan, and what coverage it provides.**

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**Do you have funds available to you to cover possible medical related costs that may be incurred while you are here at the Ashram?**

Yes No

If yes, please describe how you would be able to access these funds in the case of an emergency.

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**FINANCIAL CONSIDERATIONS**

The One-Month Karma Yoga Introduction is an opportunity for people to contribute to and support a thriving spiritual community. This program engages you in the practice of Karma Yoga or selfless service. Learning to work with mindfulness, quality and an understanding of symbolism are all skills that are transferable to your work when you leave the Ashram.

The basic cost of room, board and services for one month at the Ashram is $1200. Through charitable contributions from our donors we subsidize $375 and charge $825 for the One Month Program. This includes delicious organic meals, shared accommodation, your weekly classes and occasional half-day workshops.

Please indicate your financial contribution:

* I am financially able to contribute $\_\_\_\_\_\_\_\_\_ to cover my costs *and* contribute toward young adults unable to cover the balance.
* I am financially able to cover the full cost of my first four weeks ($825)

At the end of your initial four-week commitment, you may apply to extend your stay. We ask that you make a financial contribution toward the cost of any additional stay.

In addition to the cost of your program, participants generally require around $40 each month to cover fees such as internet, telephone, laundry and other sundries.

If you have been part of our Karma Yoga or Young Adult Program in the past, please provide the dates.

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When you register at Yasodhara Ashram you will be asked to sign an agreement taking full responsibility for yourself physically and emotionally. Drugs and alcohol are not permitted. We are a celibate ashram and the focus is on inner spiritual development. Are you willing to sign such an agreement? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ESSAY QUESTIONS**

**Please answer the following questions in-depth, essay style.**

1. What is your work experience? What are your skills and interests? What is your education?
2. Why do you want to come Yasodhara Ashram? What are you looking for in life?
3. What do you want to focus on or learn about yourself at the Ashram?
4. What are your expectations of yourself and the Ashram Community?
5. Please give a brief description of your previous experience with yoga.

|  |
| --- |
| **APPLICATION REVIEW**Please be sure to include:1. Fully completed copy of this application form;
2. Responses to the in depth essay questions;
3. At least two work/character reference letters are also required in your proposal to participate in the One-Month Karma Yoga Introduction.

Your application can be submitted by mail or email. Please keep processing time in mind when submitting your application. Feel free to contact us by phone or email with any questions, or for more information. **Yasodhara Ashram**PO Box 9 • Kootenay Bay BC • V0B 1X0 • Canadayap@yasodhara.org [www.yasodhara.org](http://www.yasodhara.org/) 250.227.9224 or 1.800.661.8711 |