RADHA CENTRES & EVENTS
YASODHARA ASHRAM
Community Classes begin
October 6th - December 8th
6pm-7:30pm - Hatha Yoga
Hidden Language
7:45-915pm - Dream Yoga

VANCOUVER
Dinner: Wednesday - Saturday 6pm-10pm
Hatha Yoga classes daily
September 19 Strathcona Harvest Festival
September 22 Radha at the Main Street Farmers Market
September 25 The Wisdom of Fools Workshop
September 26 Word on the Street Festival

VICTORIA
Kundalini Classes
yoga@radhavictoria.ca
Karin at 250-208-3821
7:30pm Sunday SATSANGS
2530 Femwood Ave, second floor (between Bay and Haultain)

MONTREAL
September 18 Life Path Workshop, 1 - 5pm $40
September 24 & October 29
6:30pm - 8:30 pm
Book Club & Pot Luck
Suggested donation: $10
October 8 - 10 (weekend)
Kundalini Dance Workshop with Swami Yasodananda
Fri night 7 - 8pm Sat & Sun
10am - 4pm, $125, $75 for

AUTUMN AT YASODHARA ASHRAM
Autumn is a time when we turn more of our attention to the land and the bounty -- harvesting in the garden and orchards, preserving food for the winter months. We also just finished an exciting weekend of meetings launching our long term Comprehensive Land Management Project, bringing conscious care to all who share these 115-acres.

AUTUMN RETREATS & COURSES
September 30 - October 10 -- 10-Day Yoga Retreat
October 1 - 3 -- Life Seals (more info)
October 15 - 17 -- Yoga & Sustainability NEW!
October 19 - 24 -- 5-Day Yoga Retreat NEW!
October 29 - 31 -- Transitions

NEW! 5-DAY YOGA RETREAT - OCTOBER 19-24TH
Yoga takes us to the heart of self-discovery and opens the way
members

OTTAWA
Fall schedule
September 13 - December 2
Sunday Satsangs, by donation

TORONTO
Sunday Satsangs at 7:30pm
609 Indian Road

PETERBOROUGH
Hopkins Yoga House
September 13-December 6
Hatha & Kundalini Yoga classes offered daily
Wednesdays Satsang with Bhajans & Mantra 8:00-9:00 pm
Charlotte: 705-743-5939

SPokane
Fall schedule
Join us on September 25th for Radha Yoga Center’s Bhajan Birthday Party: potluck dinner, birthday cake, music, dancing, workshops and activities for kids

RADHA EUROPE
RADHA CAUDET (FRANCE)
RADHA BRAGA (PORTUGAL)
October 22 - 24th
Life Seals workshop with Jayne Boys from England

HORNBY
Mondays Hatha & Writing 5pm - 7pm at Willow Studio on Roburn. Bring a mat and a journal. $12 Drop-in

Tuesdays Bhajans 7pm - 9 pm Learn, sing and play Ashram music. Alastair 250-335-0070

Wednesdays Dream Yoga beginning September 22nd: 10:30am - 12:30pm at Sharon's house. Drop-in: $12 Bring a dream and a journal. Sharon 250-335-0012

to move passed limitations into greater freedom. Begin each morning with an extended Hidden Language Hatha Yoga practice. Be renewed with practices on the Light, Kundalini Yoga, Mantra and Symbolism – interspersed with time to relax and deepen your own learning.

GRATITUDE & THANKSGIVING WEEKEND
Thanksgiving weekend: a focused time to take stock of all we have been given and to express our thanks. Join us in putting our gratitude into action through service, reflection and devotion - groups are welcome. During this harvest weekend, we'll also be partaking in the Global Work Party on 10-10-10, join us in the celebration!

SWAMI RADHANANDA'S FIRST BOOK!
Available in bookstores everywhere in early 2011. Carried by a Promise shows how one woman’s life was transformed through the influence of yoga. It tells the story of Mary-Ann—wife, mother and educational consultant— becoming Swami Radhananda—sanyasin and successor to Swami Radha. Her story is one of love and devotion to her teacher.

Carried by a Promise speaks of the ancient power of initiation and the results of dedicated spiritual practice. And it illustrates that spiritual life needs to be practical and real, lived in the everyday world of relationship, community and work.

Swami Radhananda's example carries a promise that is open to all of us. She shows us that we, too, can become ordinary people doing extraordinary things. Visit www.radhananda.org for more!

15-YEAR MANTRA PRONOUNCEMENT ANNIVERSARY
Every year on September 8th we celebrate Gurudev Swami Sivananda's birthday. This year's gathering in the Temple was extra special as many returned to the ashram to remember Swami Radha and the Mantra Pronouncement 15 years ago—the promises made and given on that day. The sun filled the Temple just long enough for each person to place malas and promises on the altar. The day ended with joy-filled bhajans and stories from the mantra blessing in 1995.
PHOTO OF THE MONTH

You can enjoy the beauty of the Ashram each day by setting the photo of the month as your desktop wallpaper. How to do it

Note: For your convenience, we have added a three-month calendar with moon phases!

www.postcarbonmeal.org

POST-Carbon MEAL FOR CARBON NEUTRALITY

This fall, Yasodhara Ashram is launching an ambitious and exciting new project to help support our goal of being carbon neutral by 2013 (our 50th anniversary). Over the course of the next 3 years, you are invited to work with us as we navigate the path forward. To frame the discussion, we have chosen to focus on the planning of a meal – a post carbon meal.

WE WANT TO HEAR FROM YOU!

We want to make sure the newsletter is relevant to you. That's why we're asking for your feedback and a little information about you.

Thanks for agreeing to answer a few questions. It should only take a couple of minutes. SURVEY