RADHA CENTRES & EVENTS

YASODHARA ASHRAM
Wednesdays Community Hidden Language
6 - 7:30pm
Dream Yoga - 7:45 - 9:15pm

VANCOUVER
Mondays Drop-in Kundalini Yoga Classes
7 - 9pm
$15 per class
Sundays Yoga in the Garden
11am - 12:15pm

VICTORIA
November 19th & 20th Life Seals Workshop
Friday 7 – 9pm, Saturday & Sunday
9:30am – 12:30pm
Wednesday evenings
Intentions & Ideals for the New Year - 3 Evenings, starting November 24th
7 - 9pm
yoga@radhavictoria.ca
Patricia 250 298-8478

HORNBY
Wednesday, November 24th
Dream Class - 10:30 - 12:30pm at Sharon's ($12)
250 335-0012
Sunday, November 28th
Monthly Dream Class (at Phoebe's) for those with experience with Swami Radha's dream method.
250 335-0791

CALGARY
December 11th Radha Centre Christmas Party
3:30pm - 7:00pm
CP Holiday Train coming through Calgary, stopping in various cities across Canada,

AS WE PREPARE FOR WINTER'S SLEEP

The yellows on the mountainsides are brilliant, creating beautiful patterns against the greens that stay through the winter. We are still quietly harvesting parsnips, kale, chard, Brussels sprouts, beets, cabbage and leeks in the garden, and planning the winter. We will be trying new growing techniques, such as cold frames and hotboxes to coax along some hardy greens that will give us an early start next spring. The Ashram has initiated a comprehensive land management project, recognizing that the sacred legacy of the 115 acres will be well served with a deliberate vision and plan.

CARRIED BY A PROMISE UPDATE

Exciting news at radhananda.org.
Tour dates for Swami Radhananda's book launch are being announced. Check out the website for ashram book launch details. Carried by a Promise has gone to press, and the community is giving very generously in the fundraising campaign.

We've also received an endorsement from Tenzin Palmo:

“I enjoyed reading the book and found much to ponder in it. Swami Radhananda’s closeness to the bodhisattva Tara was interesting (and offering of 7 water bowls which is a specifically
picking up food for the food bank.
Request for donations of non-perishable food items to satsang and classes to donate to the CP Holiday Train.

**MONTREAL**
See classes & workshops

**TORONTO**
**Sundays** Satsang - 7:30pm
(609 Indian Rd.)
lightfilledyoga@hotmail.com for info.
**Thursdays** Hatha Yoga 8 - 9am and 7 - 8pm
(Hatha classes at 609 Indian Rd.)

**OTTAWA**
**Mondays & Wednesdays**
Noon Hour Yoga
12:15 - 1pm
**November 19th** Evening of Gratitude 5 - 7pm at 617 Cooper Street.

**SPOKANE, WA**
**November 20th** Folkfest - Radha Yoga Center dancers participating in city-wide folk festival
**Mondays** Kids Yoga
4 - 5pm
**Sundays** Family Yoga
2 - 3:15pm
**Thursdays** Relax & Renew
10 - 11am
**Fridays** Yoga Bliss Fridays
7 - 8:15pm
**Saturdays** Intro to Sacred Dance
12 - 1pm
[www.radhayoga.org](http://www.radhayoga.org)

**RADHA EUROPE**
**YARMOUTH, ISLE OF WIGHT**
Saturday November 27th - Hidden Language
2 - 4pm

Tibetan practice). Thank you so much for the opportunity to read the manuscript." [click here](http://www.radhayoga.org) to read more.

**YOGA DEVELOPMENT COURSE**

Our focus is starting to turn towards our most in-depth retreat of the year: the *Yoga Development Course (YDC)*. It offers 3 months of self-inquiry, perspective and character-building. We welcome a group of about 30 seekers, guiding them through the practices and reflection process that are the core of Swami Sivananda Radha’s Teachings.

From *Hidden Language Hatha Yoga*, to *Dream Yoga*, to *Kundalini, Mantra, Yoga of Light* and much more, this inner journey is life-changing and supports you in creating a solid foundation, whether you want to continue in our teacher certification or simply participate for your own personal and spiritual growth.

The gift of the YDC is a precious opportunity to reconnect to your own deep, innate wisdom. Please extend this invitation to anyone you know.

If you are on facebook, you can also visit the event by clicking [here](http://www.radhayoga.org).

For more information, you can directly contact [samayananda@yasodhara.org](mailto:samayananda@yasodhara.org) or visit [yasodhara.org (YDC)](http://yasodhara.org).

**KUDOS TO THE CANADIAN PACIFIC RAILROAD!**

Take the time to go to CP’s website to see how they are giving back to Canadians and supporting those in need through their Holiday Train. It’s a good example of corporate ideals in action.

Since 1997, the Holiday Train has collected food and money for
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

FROM THE BLOGOSPHERE

lightwaves.cc
yasodhara ashram's land ethic
beyond branches
comprehensive land management project

radhananda.org
part 4 of the web cast event

postcarbonmeal.org
community supported agriculture
in the Kootenays
food sovereignty evening
what does it mean to be (carbon) neutral
entering in
building local food systems

COURSES & RETREATS

December 3rd - 6th - Relax, Renew & re-connect Retreat
December 21st - January 1st - Yoga of Light Retreat
January 8th - April 8th - Yoga Development Course

Here's your chance to own two of Swami Radha's beds!
We're having an online auction for two of Swami Radha's beds. The auction is open now and will close at midnight on January 1st 2011, to mark 15 years since she passed into Light. Click here to find out more.

food banks as it travels across Canada just before Christmas. Offering great entertainment at every stop, music becomes the draw that brings folks in.

The train sets out on November 26 in Quebec and ends in Port Moody on December 17. Help get behind this initiative by being on hand when the train comes to your city – bring your friends, family and students and a willingness to donate food or money. You can also donate through the CP website. For more information about the program, click here.
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