

Yasodhara Ashram

Newsletter



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

HORNEY

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

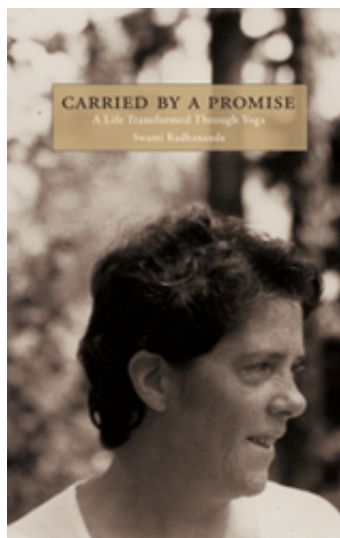
CALGARY

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

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](#) 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](#).

For more information, you can directly contact samayananda@yasodhara.org or visit yasodhara.org (YDC).



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](#)

Radha Centres

www.radha.org

Timeless Books

www.timeless.org

Yasodhara Ashram is a vibrant spiritual community resting on 115 acres of woodland where the mountains touch the waters of Kootenay Lake.

[visit our website](#)
[make a donation](#)

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](#).



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.

Yasodhara Ashram Society | Box 9 527 Walker's Landing Road | Kootenay Bay, BC V0B 1X0 CA

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