Radha Centers and Events

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

EDMONTON
Gentle Hatha
Sat 9:30-11am
Satsang
Sun 7-8pm

CALGARY
Transitions
Apr 28-May 26, 7-8:30pm
Hidden Language
Apr 3-May 26, 1-2:30pm
Dream Yoga
Apr 27-May 26, 7-8:30pm

PETERBOROUGH, ON
Hatha
Tue 7:30-9pm, Fri 9:30-11:00am
Dreams
Wed 9:30-11am

TORONTO
Hatha Yoga
Thu 8-9am
Satsang
Sun 7:30-8:30pm

PENETANGUISHENE, ON
Hidden Language
Thurs, 6:30pm, Fri 6:30am
Yoga and Contemplative Prayer
Wed, 10am

OTTAWA
Karma Yoga
May 14, 1-3
Hatha Yoga
Mon, 5:30-6:30
Kundalini
Mon, 7-9
Mantra Chanting
Tues, 5:30-6, Thurs, 12:15-12:45
Satsang
Sun, 7-8:30

MONTREAL
Kundalini Yoga
Thu 6:30-8:00pm

VANCOUVER
Hatha & Hidden Language
Mon-Sun
Satsang
Sun

Happy Easter!

Seasonal transitions continue and gather pace. Despite cold weather, violets, primula, jonquil, and scalia are blooming and the Ashram’s first yoga retreat of the spring took place from April 2nd - 4th.

Spring Retreat

Guests spent a reflective three days doing some morning hatha, workshops, karma yoga and going to nightly Satsang. In one guest’s words, “It’s like stepping out of one world and entering another.”
We caught up with some of the guests as they were pruning raspberry bushes in the garden. When asked how their karma yoga was going, one guest responded, “It’s a nice feeling to be doing work independent of any personal gain and that will eventually bring nourishment to others.” Another guest said that she had made some big discoveries through dream yoga. A lot can happen in three days! Finally, we were met with a unanimous and resounding “YES” when we asked guests if they’d like to return.

We are looking forward to more retreats as the weather gets warmer. Check out our webpage to see what’s coming up and to register.

April is the time to dine at Radha!

We extend our deepest gratitude to all of our loyal customers who have supported the restaurant and our values over the years. Let us know how we can continue to work together!

Watch this newsletter to see what springs into life or, better still, contact radhaevents@gmail.com with your ideas, or to book space for events.

April 30th will be our final day of dinner service - at least until we reinvent ourselves. We’re working on a plan to create financial sustainability in the same way that we have focused on environmental and ethical sustainability.

Radha will continue to offer rental space in our lovely building for events and celebrations. We will also continue to offer our popular cooking classes, yoga classes and retreats. Please join us!
May 14th

Photo of the Month
Ashram crocus
How to make this your desktop wallpaper

The YDC 2011 comes to an end

Students are graduating from the YDC and the Hatha Teacher Training. After three months of intense self-exploration, 17 are making their transition into Karma Yoga at the Ashram and will continue their learning through the practice of selfless service. Others are returning to homes and families.

Whatever their journey, we can be sure that all of the 29 participants will take with them something precious, unique and lasting from their time at the Ashram.

“We, my classmates and I, leave the YDC with a profound sense of gratitude for the teachers who have guided us, the karma yogis who have supported us and for Swami Radha and Swami Radhananda who have held the space for these timeless teachings. Namaste and thank you, Yasodhara Ashram! Om Namah Sivaya”, Brian Bromley.

108 Sun Salutations Fundraiser: 1st May

Pledges are now coming in and people at the Ashram are signing up to participate in this fundraiser for the Young Adult Program. To participate or pledge your support and to watch the video, please visit 108 Sun Salutations.
Swami Radhanananda’s Book Tour Update

After another phase of her book tour, this time visiting Ottawa, Montreal and Toronto, Swami Radhananda has returned to the Ashram.

Joan Gamble, from the Radha Centre group in Ottawa reports on her experience of Swami Radhananda’s visit,

“Saturday, April 2 and Sunday, April 3 - two days in workshops with Swami Radhananda, being wrapped in the magic spell of Swami Radha's teachings, going inward, finding insights, opening, healing, spiraling upward. Several days later and the impact of this experience is still working its way through my body-mind and I'm having glimpses of peace, harmony, connection to something new within. How grateful I am to be able to pursue and deepen this experience this summer at the Ashram in the workshop Living the Practice with Swami Radhananda July 10-15. I will be there!”

Rad’a Montreal

It’s the end of an era with the upcoming sale of the Friends of Radha Foundation’s building at 837-841 Rue Gilford in Montreal. The beautiful 100-year old building housed ascent magazine from 2001-09 and, for the last few years, it has been home to rad’a yoga studio.

With Swamis Radhakrishnananda and Yasodananda returning to Spokane in April and with Trine Mikkelson on the move later this spring, it seemed time to let the building go. The building sold during the few days that Swami Radhananda and I were in Montreal for her book tour, with much help from Louise Quinn. Many thanks! And thanks also to everyone who supported ascent and rad’a over the years. The closing date of the sale is set for June 15th.

Montreal continues to be home to several Yasodhara teachers and some eager students who will keep the Light going. It was inspiring to have Swami Radhananda’s reading and workshop as the send-off event!
Looking Ahead

Kundalini and Sustainability
Summer Courses at the Ashram

This summer the Ashram is weaving together the garden, sustainability and the kundalini yoga system in a series of 3 workshops.

Paris Marshall-Smith, our Garden Manager, explains that using the hands on approach and the metaphors of the garden helps bring the chakras alive:

“Being grounded in the elements (earth, water, fire, air, and ether) by working with the earth (planting and weeding); watering; enjoying the look and feel of our delicious organic vegetables and fruits (as we pick them), and breathing in the fresh Kootenay’s air, there is so much symbolism to explore. This can also reveal just how practical kundalini yoga truly is.”

Join us for one or more of the Kundalini and Sustainability workshops:

**Earth & Water** - June 10-12
**Fire & Air** - July 15-17
**Ether & Subtle** - September 16-18

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2013 Carbon Neutral Project

Yasodhara Ashram is taking further steps towards its goal to reduce its carbon emissions to a net zero by the year 2013 - in time for our 50th anniversary.

The Ashram has already introduced hydroelectricity, geothermal and solar heating systems to help keep emissions low and reduced vehicle gas consumption by 30% by replacing vehicles. A 2010 greenhouse gas emissions inventory has now been completed that tells us the sources and quantities of current emissions from Ashram activities,
Environmental Sustainability and Kundalini Yoga in the Radha Centres

The premises of Radha in Vancouver have also been modernized to improve its sustainability. The old building has benefitted from measures including improved insulation, efficient heating and lighting and now has a partial green roof to improve its geothermal performance, generate oxygen, contribute to biodiversity and absorb runoff from surface water. Interpretation panels in the Hatha space at the centre demonstrate how these relate to the kundalini system.

The Retreat Centre on the Suffolk coast in England now has photovoltaic panels on the roof to reduce carbon emissions and contribute electricity to the national grid. “I like the idea that the cottage, as well as the students who go there on yoga retreats, can act as a channel for the Light and contribute towards both mitigation and adaptation to Climate Change,” Jayne Boys.

Tell us about what you are doing for environmental sustainability and how this connects for you with Yoga: jayne@yasodhara.org