Radha Centers and Events

**VANCOUVER**
- Hatha & Hidden Language
- Mon-Sun
- Satsang
- Sun

**VICTORIA**
- Drop-in Hidden Language Class
- Mon 5:30-6:45pm
- Om Circle
- Sun 11am
- Satsang
- Sun 7:30pm

**CALGARY**
- Hatha & Hidden Language
- Jun 1-29
- Wed, 7-8:30pm
- Satsang
- Sun 6:45-8:00 pm

**OTTAWA**
- Rose Ceremony
  - Including potluck brunch, Jun 25 & 26
- Karma Yoga
  - June 18
  - 1-3pm; 3:15-4:30
- Chai & Chat
- Classes End June 23

**TORONTO**
- Hatha Yoga
  - Thurs 8-9am
  - Thurs 5:30-6:45pm
  - (last class June 23)
- Satsang
  - Sun 7:30-8:30pm

**PETERBOROUGH, ON**
- Hatha
  - Tue 7:30-9pm
- Dreams
  - Wed 4:30-6pm
- Satsang
  - Monthly

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

**COMOX VALLEY**
- Hatha & Hidden

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It's been a stormy spring intermingled with warm sunny days. A clear Sunday night invited us outward for the **first beach dinner** and Satsang of the year. Now we are well into spring programs, welcoming new course participants each week.

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**Summer Courses & Retreats**

Yoga is so versatile that it can be applied to any area of our lives, at just about any age. Our retreats and courses in the next 2 months reflect this. Families are welcome any time. Our annual Teen Retreat is always popular. And our scheduled courses range from relaxation to change to sustainability. If you or someone you know would like an introduction to the Ashram and our teachings, there are 2 Yoga Retreats. And, of course, the opportunity to participate in Swami Radhananda's workshop - **LIVING THE PRACTICE** in July.

- **June 17-20**  [Relaxation: Harmony, Peace, Joy-NEW](#)
- **June 27-30**  [Facing Change, Exploring Options-NEW](#)
- **July 2-6**  [What’s Life All About? – Teen Retreat](#)
July 2-6  Yoga Retreat
July 10-15  Living the Practice-NEW
July 15-17  Sustainability & Kundalini: fire & air-NEW
July 19-23  Opening to Sacred Space-NEW
July 21-31  10-Day Yoga Retreat

Hope to see you this summer!

Carried by a Promise and Radhananda.org

There are more new reviews of Carried by a Promise and newspaper updates from the book tour on radhananda.org. Pick out a quiet moment to check out the podcast of Swami Radhananda’s interview with Dristi Point, a community radio broadcast in Vancouver.

Young Adult Program

Erin Lecky left the Ashram this month to return to Japan after 4 months as a karma yogini:

"Where better to root myself firmly in spirituality than at an Ashram with a program for young adults? It has been a refreshing break from the commotion of daily life and has allowed me to dive deeper into my inner process. It’s been an incredible journey [working and watching my mind]… a long, tumultuous journey. What have I learned? How to use my mind to work for me, instead of against me, to know my inner Light, to listen for it, trust it, express it, and to know that even when I leave the Ashram, I’ll be taking that Light with me."
Family Retreats

Nina Maloney and Matt O’Donnell brought their young son Felix on a family retreat to the Ashram for the month of May. For Matt and Nina it was an opportunity to recharge, and to enjoy the quiet space and structure that the Ashram provides. “It’s so supportive here,” said Nina. “We’ve been so welcomed. Somehow the community remolds itself so that every single person, and each family, fits in.”

Felix was an especially popular addition to the Ashram community. Swamis and karma yogis alike lit up in his company, as he helped to remind us about receptivity, empathy, and transparency.

Family retreats like this one are an increasingly popular way to be at the Ashram. Flexibility is offered to accommodate families with children of all ages. Find details here.

Society AGM

This year’s Annual General Meeting will take place from August 10th to the 12th. Members of Yasodhara Ashram Society (YAS), the
Friends of Radha Foundation (FRF), and the Association for the Development of Human Potential (ADHP), will gather at the Ashram to review the work of the past year and to plan for the years ahead. Cost is by donation, register online [here](#).

Follow the Ashram on Facebook!

The Ashram’s Facebook accounts are active again. We are providing short news updates every few days. ‘Like’ Yasodhara Ashram’s ‘Non-profit’ page and you’ll find Ashram news and events, beautiful, recent photos, and inspiring words from Swami Radha and Swami Radhananda. The Ashram Events calendar is there too, giving you an easy way to recommend programs to your Facebook friends. Yasodhara.org front page has a new link to Facebook so that you can easily check out what is new any time. "Friend" the Yasodhara Ashram's 'person' page and send us your recent Ashram photos, post on our wall, and get in touch with other community members on the network.

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