Radha Centres and Events

**VANCOUVER**
Classes resume 6 Sept
**Open House**
with Free Classes all day Sept 17
**Satsangs**
Sundays 7:30pm
**Yoga for Seniors**
Fri 11:30 - 12:30pm
**Meditation Time**
Mon 4:30 - 5:00pm
**Mantra Chanting**
Thurs 7 - 7:30pm
**Hatha Classes**
Most days 9:30 - 10:45am,
5:30 - 6:45pm & 7 - 8pm
Plus much more.
Cooking Classes with Andrea Potter

**CALGARY**
**Hidden Language**
Sunday 1 - 2:30 pm
Sept 18 - Nov 20
**Satsangs**
Sun 7 - 8 pm

**CANTERBURY, ENGLAND**
Classes resume Sept 14
**Hidden Language**
Wed 6:30-7:45pm
**Dream Yoga**
Wed 8 - 9 pm

**SPOKANE**
**Open House**
with free classes Sept 10
**Satsangs**
Sundays 10 - 11am
**Your Wheel of Life Explorations for Young Adults**
Tues 7 - 8:45pm, Sept 20 & 27
**Inner Conversations - Exploring the Power of Speech**
Sat 2 - 4:00pm, Sept 24

**TORONTO**
**Satsangs**
Suns 7:30 pm
**Hatha Yoga Classes**
Thurs 6 - 7:15pm, from Sept 8
Mon 8 - 9:15pm, from Sept 12
lightfilledyoga@hotmail.com

**AUCKLAND, NZ**
**Sing your Heart Open**
Sat 7 - 10pm, Sept 3
**Introduction to Kirtan Workshop**
Sat 2 - 4 pm, Sep 17
Premratna108@gmail.com

Warm and sunny, the lake is sublime for a cooling dip. Many people are visiting for retreats, courses and workshops and many more came for the AGM and Centenary Celebration.

The garden and orchard are producing fresh, organic food in abundance. We are harvesting a large variety of fruit and vegetables from tomatoes, cherries, saskatoons, zucchini and cucumbers, peas, and raspberries, to NZ spinach, broccoli, herbs, turnips, cabbage, carrots and potatoes.

As many people start to plan well in advance for Yoga Development Course, in this issue, we are providing additional information about the opportunities that this course opens up for people. We have also added more details about the YDC to the Ashram website. So, please, forward this newsletter to anyone you know who you think might be interested, for 2012 or for the longer term.
Annual General Meeting

The AGM is always a highlight in the year. We meet old friends, many of whom have dedicated time to offering yoga classes and other support as Karma Yoga in their local communities near and far. Taking stock, we saw the progress of projects like the Lands Plan and Food Flow. We also explored many exciting new ideas for the future, including an Ashram Institute, a Refresh Program for our logo and website and rethinking the newly opened-up space at Radha Vancouver. There was enthusiasm too for the Young Adult Program and for opportunities for young people to continue to develop through a more formalized internship program. You will be hearing more in the months ahead.

Photo of the month

How to make this your desktop wallpaper

Swami Radha’s Centenary

We celebrated with a party, cake, dancing, Likhita and a beautiful new video of Swami Radha’s time in India. See an extract.

A touching and beautiful Puja reminded us that commitment, initiation and renunciation are at the heart of all we do. We have also posted a selection of our
The Yoga Development Course
August is an excellent time to start thinking about taking the YDC (January to April 2012) and to make plans.

This is a highly successful intensive three-month program (7 day a week, full time, residential intensive, totaling 675 hours of class time), designed to give an in-depth introduction to the major branches of yoga and a foundation in personal and spiritual development. It is for anyone who wishes to do extensive work on themselves and learn from living in a spiritual community. The course is of lasting value to potential yoga teachers and to anyone who wishes to deepen their yoga practice and make permanent changes in their approach to life. It is also the prerequisite for all of our Teacher Certification programs.

For anyone who is considering the YDC but looking for a ‘taster’ in advance, consider one of our Fall workshops or 7- or 10-day Yoga Retreat.

Post YDC Extended Stays

When planning to take the YDC you will also wish to consider extending your stay for up to 5 months at no charge. This opportunity is offered to support you in the work done during the YDC. It helps you to put your learning into action, and develop a deeper understanding of what it means to live in a spiritual community.
YDC Participants Return
Suzanna Lonsdale and Juniper Glass are among those who returned to the Ashram this month to renew their teacher certificates. They reflected on their experiences of the YDC.

Juniper, “I did not know what I wanted to do with my life when I took the YDC. I gave myself answers during the course and these return to me now and give me a sense of continuity, especially when I am losing my way or unhappy. I learned practices, reflection, looking at symbolism, taking responsibility for my choices. I know I can use these to make changes. Now, I have lots of responsibilities. I am a mother, I work full-time and I really appreciate having the space here in beautiful surroundings with good meals and the encouragement of teachers to continue my search for the Light within. It is the best nurturing possible.”

Suzanna had taken Yoga classes before she took the YDC and now sees the YDC as the foundation stone of her spiritual life, “Returning to the Ashram for teacher renewal allows keep going deeper. I fill up with Light here and go