Swamis Radhananda and Lalitananda go down under

NSW, Australia
Auckland, NZ
November 11-15

Carried by a Promise and Hidden Language Hatha Yoga Retreat
Book Readings and Workshops

Upcoming Ashram Courses

Straight Walk®
Nov 11-13

7-Day Yoga Retreat
Nov 13-20

Yoga Retreat
Nov 14-18

Relax, Renew & Re-connect Retreat
Dec 2-5

Yoga of Light Retreat
Dec 21-Jan 1

Yoga Development Course
Jan 9 - Apr 8

Communities Offering Satsangs

Calgary
Comox Valley
Orangeville
Lethbridge
Victoria
Ottawa
Toronto
Spokane

Radha Events

Fall is a glorious time at the Ashram. Riding across the ferry, the temple comes into sight with a backdrop of red and golden leaves. Gourds and vases of fall foliage adorn many altars and windowsills. We've begun to mulch, pull in irrigation lines, put roots into the root cellar and get the Ashram ready for winter. In a few weeks, our work will shift indoors - preparing apple sauce and jams, painting and maintaining the Ashram buildings and getting ready for the YDC.

The community has hovered between 40 and 60 people for most of the fall. At times, we serve ourselves meals out of the kitchen and everyone pitches in to wash dishes afterwards. There is a core group of about 40 people who have been here for most of the fall and will continue to be here until December. We've also welcomed a number of visiting teachers – some for a few days, others for a few months--and have offered a handful of courses. Two youth groups interested in sustainability have visited, learning about our initiatives in this area. Smaller and steadier numbers allow each of us to go deeper into our own learning and practices.
Yoga of Light Retreat

We’re looking forward to welcoming a large number of people to the Ashram over the Yoga of Light Retreat – 12 days of celebration from December 21st to January 1st. Days are filled with hatha yoga, karma yoga, workshops, mantra, devotion and reflection. We celebrate Christmas ashram style with time together as a community and time on our own for practice and renewal. New Year’s is a time to reflect on the past year and ring in the New Year by chanting in the Temple. Some people come for the full celebration, while others stay for a day or two. You are always welcome.

Yoga Development Course

One week into the New Year, the entire Ashram begins to focus deeply inward as the YDC begins. The YDC is a life changing, 3-month experience providing an in-depth introduction to the major branches of yoga and a foundation in personal and spiritual development. As the participants are transformed by the teachings, the effects ripple out to the rest of the community and we all learn more about ourselves. Read more.
We Will Be Carbon Neutral by our 50th

We made the commitment in 2007: a simple acknowledgement of our responsibility to help reduce global warming. Karma yogis, residents and donors got behind it. In October our updated Green House Gas Emissions report was in. There is more to do but we can say with confidence that we'll make it. We will be carbon neutral by 2013.

We've reduced almost 90% of our direct green house gas (GHG) emissions. It has taken thousands of hours of karma yoga and over a quarter million dollars. In the process, we have reduced our operating costs, modernized our physical plant and changed the way we live and work together, all for the better.

We've eliminated our waste oil furnace and installed solar and geothermal systems. We've upgraded buildings to increase efficiencies. We've replaced vehicles for smaller more energy efficient models. We planted 3,000 seedlings and started the process of protecting our forested lands. We've changed our menus, redeveloped our orchards and gardens and localized more of our food sources. But with 13 months until we celebrate the Ashram's 50th anniversary, we find we still have 400 tonnes of GHG emissions.

In early November, we will be reducing the GHGs from propane with the installation of an EnergyStar-rated commercial convection oven. With the backing of our power company, we will be retrofitting the last of our inefficient lighting with advanced fixtures. In the new year we will be planning for the retirement of the old red truck (1987 vintage) and reopening our files on electric vehicles with the plan to fundraise so that we can have our first all electric car on site in the first quarter of 2013.

Now we are down to the finer, more difficult, expensive choices. Most of these are indirect emissions, like those from the electricity we consume and from guests travelling to the Ashram. If you've visited the Ashram in the last six months, you've likely filled out a little green form telling us about how you travelled here. To offset whatever GHG remains and to be officially certified as Carbon Neutral, we have begun discussions with BC's Pacific Carbon
Trust.

Being certified as Carbon Neutral with BC's Pacific Carbon Trust will lead to a new plan to improve and maintain all that we’ve accomplished. Our carbon neutral initiative is an example of a charity leading-by-doing – a justifiable pride in a job well done!