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

**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](https://www.facebook.com/events/135194907469334/).

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
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.

**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

**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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