

# Yasodhara Ashram

Newsletter



## Upcoming Ashram Courses

[Hatha  
Yoga Teacher  
Certification](#)  
April 9-19

[10 Days of Yoga](#)  
May 10-20

[Advanced 5 Days  
of Yoga](#)  
May 20-25

[Read about all  
our courses](#)



### Living the Practice

by Swami  
Radhananda

Spring 2012



## Radha Centres and Teachers

**Canada**  
[Calgary, AB](#)  
[Comox Valley,  
BC](#)  
[Cranbrook, BC](#)  
[Edmonton, AB](#)  
[Haida Gwaii, BC](#)  
[Hornby Island, BC](#)  
[Kelowna, BC](#)  
[Lethbridge, AB](#)  
[Nanaimo, BC](#)



## The YDC Has Begun

Twenty-two people have come together for the 43rd annual [YDC](#). Three months of expansion, perspective and connecting with a deep inner knowing. This year, 9 of the participants are alumni of the Young Adult Program. Several people were previous participants in a 7 or 10 Days of Yoga course. And this YDC international group includes people from the States, Israel and The Netherlands.

What has motivated these people to leave their homes, families and friends for 3 months? Some are here for healing. Some to make decisions and to explore next steps. To gain perspective. To have time to listen deeply, to be clearer about purpose and direction. To establish ongoing, supportive spiritual practices. And everyone who is here has been drawn by the Light and a deep desire to learn.

The next YDC will be offered from January 8th to April 8th, 2013. If you are interested in the YDC, consider a 7- or 10-Day Course first. You can also find more information on our [website](#) or by contacting [Swami Samayananda](#).

**[2012 Course Calendar: now online](#)**

[Orangeville, ON](#)  
[Ottawa, ON](#)  
[Penetanguishene, ON](#)  
[Penticton, BC](#)  
[Peterborough, ON](#)  
[Toronto Area, ON](#)  
[Vancouver, BC](#)  
[Victoria, BC](#)

### USA

[Spokane, WA](#)  
[Bay Area, CA](#)

### Worldwide

[Auckland, NZ](#)  
[Caudet, FR](#)  
[Europe](#)  
[Isle of Wight, UK](#)  
[London, UK](#)  
[Wollongong, AU](#)



### Photo of the month

[How do I make this photo my desktop image?](#)

This year, come for a 7- or 10-Day Course. We hear over and over again from our guests that these courses are life changing. Experience it for yourself from May to October. You'll notice that 7-day courses have a weekend course right after so you can extend your Ashram experience.

Or consider a combination. Take advantage of your travel to the Ashram! Several courses are scheduled back-to-back, making it easier for you to register for more than one offering. You could also consider a combination of a course and karma yoga. Work as service is a great way to observe yourself in action.

And also notice the three 5-day courses offered by Swamis:

- [Work as Spiritual Practice](#) with Swami Sivananda June 17-22
- [Living the Practice](#) with Swami Radhananda July 8-13
- [The Inner Life of Asanas](#) with Swami Lalitananda Oct 21-26



Click above to watch a video of Swami Radhananda speaking about this Article

## Life of Learning

*From Living the Practice, by Swami Radhananda  
 To be released Spring 2012*

What do you remember? Do you remember the good or the bad? How do you build a foundation on the things that you have done well and the things you learned? How do you recognize that Divine Mother has been with you every step of the way?

I've been asking myself these questions as I gather

material to write a memoir. I am going through my journals and my memories: all the things I've learned in my life, all the experiences I have had, the interactions and teachings, the people and the places. Looking back, I can see how it all fits together – from my experiences as a child to first discovering yoga to where I am today. I can see my life as a path that was started and traveled on.

[read more](#)

## **Women and Spirituality Across Faiths**

*A conference on April 21<sup>st</sup> in Kelowna, BC*

The Kelowna Radha Centre, in partnership with the University of British Columbia Okanagan, Gender and Women's Studies Department, is planning a conference titled **Women and Spirituality Across Faiths**. Three events will take place during the conference:

- Faith groups will set up information booths, creating space for informal dialogue, reducing prejudices and encouraging understanding.
- A panel of local women leaders will discuss their stories of finding strength in spirituality to live a life of meaning and create change in the community. Swami Radhananda will provide a keynote address, discussing her personal journey and the role of women in living spiritual life. Alicia Pace, also of Yasodhara Ashram, will moderate the discussion.
- In "Living the Practice", the final session of the conference, each panel member will offer a meditation or prayer that has been a source of strength.

The university has generously donated the venue and a grant application has been submitted to Citizenship and Immigration Canada. For more information Contact [Elizabeth McLeod](#).



## Thank You for your Generosity

The Ashram thrives in an economy of generosity. During our December campaign over 200 people made donations – a Light-filled thank-you from all of us. And a special thanks to Circle of Sustainability members who gave a gift in addition to their monthly contribution.

Some of the ways your donations will help:

- Make the Ashram experience available to people who cannot otherwise afford it
- Publish books to support your practice
- Care for the facilities of our spiritual home

If you did not have a chance to donate during the December Campaign, we're grateful to receive your gift at any time. [You can make a gift safely on-line \(www.yasodhara.org\)](http://www.yasodhara.org) — either as a single offering or by setting up a monthly giving schedule. If you prefer, you can [mail](#) your cheque to the Ashram, or [call](#) with your credit card details.

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