Upcoming Ashram Courses

**Straightwalk**
May 4 - 6

**Music and Consciousness**
May 25 - 27

**Yoga of Healing**
May 27 - 31

Visit our course calendar

New release

**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
Montreal, QC
Nanaimo, BC

February at the Ashram

Fifty-six years ago, on February 2, Swami Radha was initiated into sanyas; to honour her commitment, the ashram community gathered in the Temple for a puja ceremony. As it nearly always does this day, brilliant winter sun shone through the windows, illuminating altar roses, blue saris and warm hearts.

“What would you like to initiate in your life?” asked Swami Radhananda. She spoke of the power of this commitment and invited each person to choose an intent to initiate and offer it at the altar. Each came forward, surrounded by a visible legacy of commitment manifest: the Temple, the ashram, the community and the Light.

Love by Swami Radha
Photo of the month

Make this photo my desktop image

As February moves along, YDC participants continue their journey to deeper self-understanding, investigating the kundalini system: mind, senses, karma yoga, hidden language, mantra and more. They also offer satsang in the Temple and Beach Prayer Rooms five nights a week.

Two members of this year’s group, Cy Scofield and Judith Grob, share thoughts on what brought them to the YDC and what stands out so far.

Watch the video

“Clarify love for yourself. It’s an enormous subject.”

Read more
New Upcoming Course: Work As Spiritual Practice

Life is work. Paid or not, beyond our home or within our families, agreeable or unpleasant, rewarding or routine; polarities tend to define our experience of work. Yet most of us sense a deeper potential in this relationship of work in our lives.

Swami Radha emphasized that life teaches: we learn best when we understand ourselves in action, at work. This course, Work as Spiritual Practice, offers skills and practices for this learning - the hands, head and heart practice of Karma Yoga. We will focus on a celebratory mantra from the Ananda Lahari, the Wave of Bliss. We will work, reflect and relax together. Using yogic practices, we will look at the imaginative power of the mind, the symbolism in our actions and how we form an identity with what we do. We will update what gives our work meaning and refresh our understanding of how to commit to the ideals that we want to guide our lives.

Throughout these 5 days, we will absorb inspiration from the manuscript of a forthcoming book that draws on 4 decades of Swami Radha’s teachings on Karma Yoga. She will guide our exploration of how work as selfless service brings quality and expanded awareness into daily living.

- [Work as Spiritual Practice with Swami Sivananda](#)
  5-Day Course at Yasodhara Ashram
June 17-22

Awareness, Leadership, Karma Yoga and More: A new offering is germinating!

Germinating since the 2008 AGM, the Ashram is developing a new offering that will make its appearance this Spring. Building off of the Young Adult Program, we will soon be soliciting applications from individuals of all ages seeking to broaden and deepen their understanding of - organic sustainable agriculture, management, youth programming, micro-publishing, etc - and the practice of karma yoga within a spiritual community. These multi-month intensives will combine hands-on experience, enrichment / professional development programming, and yogic teachings. Stay tuned for more about this opportunity - it might be a perfect fit for you and/or a friend.

Vancouver Island Workshop with Swami Jyotihananda
Spend a weekend with the Vancouver Island Radha community to discover music’s rich potential as a path to inner knowing.

Relax, listen deeply, and allow music to evoke images and feelings from your conscious and unconscious mind. Invite your imagination to draw what emerges and then use these symbols to explore your life and gain understanding of your own path.

Swami Jyotihananda will apply her years of learning with Swami Radha and teaching at Yasodhara Ashram to guide participants in exploring their created images. Through the Music and Consciousness process, a doorway to each person’s purpose and next steps unfolds.

- **Music and Consciousness on the Vancouver Island, with Swami Jyotihananda**
  March 30t - April 1
  Creekside Commons, Courtenay, BC
  (250) 898-8133
  radhacy@shaw.ca

**Hari OM**