Upcoming Ashram Courses

10 Days of Yoga
May 10-20

Tools for Transformation
April 30 - May 4

Music and Consciousness
May 25 - 27

Visit our course calendar

New release:
May 2012

March at the Ashram

The cyclical nature of life becomes even more apparent as a change of season moves upon us. The songbirds are beginning to return to the Ashram, signaling the emergence of spring. The YDC is into its final month with the group of 21 deepening their understanding of themselves and Swami Radha's teachings.

The Ashram prepares for spring as karma yoga work moves outdoors and interest in full program of courses increases. In this time of new beginnings what in your own life is coming forward out of hibernation, and how do you support it?

The Enlightenment Ideal, by Swami Radhananda

Living the Practice
by Swami Radhananda

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
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

Make this photo my
desktop image

"The practices are there to help you evolve."
Watch the video

Preparation for our 50th Celebration

The Temple of Divine Light, a potent symbol of the Ashram and the teachings, has been getting some extra attention. A focus for this winter's karma yoga has been to refresh and renew the interior of the Temple. The ceiling has been painted, carpets cleaned, chandeliers dusted and the 1300-1500 year-old yew wood altar refinished.

2013 will mark the 50th anniversary when Swami Radha first moved to the Kootenays to establish the Ashram. In 1992, the Temple officially opened as a sacred centre of Light for all spiritual traditions. The Ashram community has created a committee to begin planning for the upcoming golden anniversary. Take the
opportunity now to start making preparations to spend time at the Ashram in 2013.

Planning for the Future: Buildings, Lands, & Movement

As we approach the 20th anniversary of Mandala House construction, another generation of use and movement is being considered in and around our main building. Over the last four months, three themes have emerged through a series of participatory planning activities - entering in (looking at main entrance on the road & the service entrance of Mandala), creating place (Mandala plaza, Parvati reflection garden) and sustainability (transportation, working with what we have, creating flexible spaces for future needs - storage, accommodation, food preserving). We now have a preliminary plan to guide our process for the next three years.

Highlights from the YDC
The YDC continues to flow into its second month, carried in the light and space created for it at the Ashram. With just over three weeks remaining, participants have been facing personality aspects through studying the Bhagavad Gita, discovering more about their Two Selves, moving through a Hidden Language intensive and asking that central question: Who am I?. Two of the YDCers talk about personal highlights for them so far.

Read more

Going Greener: Results of guest travel surveys

Since June 2010, guests have been supporting the Ashram's efforts to become Carbon Neutral by completing surveys about their travel to the Ashram and through a voluntary $4 carbon fee. This money has been used to offset the largest past of our Carbon Footprint: guest travel.
Survey results are in: while 18% of guests do travel by air (with the highest carbon load), 9% come by bus and a whopping 39% car-share, with the remaining 31% traveling alone by car. One hardy woman rode her bike from Revelstoke and another came by motorcycle from Ontario!

The Ashram is now finalizing details with the Pacific Carbon Trust for official carbon neutral certification. All the big loads have been reduced or eliminated. The small offsets that we will have to purchase will go toward emission-reduction projects here and in our region. This is the culmination of a 6-year carbon-focus program under the umbrella of our commitment to leading by example in environmental stewardship.

Rays of Light - News at a Glance

- Swami Radhananda's new book, *Living the Practice*, will be available in bookstores as of May 1st. In it, Swami Radhananda presents yoga as a living system that we can engage with everyday, a journey of continuous learning and growth. Stay tuned, more to come.

- The Ashram has long been involved in working with the Crawford Bay community. Most recently, Paris Marshall Smith helped develop a Kootenay Lake regional food system gathering as part of a larger feasibility study on the east shore, while Daniel Seguin helped the community win a $100 000 youth grant from the Columbia Basin Trust. Both initiatives are ongoing and helping bring prosperity and engagement to the region.

- Hatha Training: If you have taken the YDC but not the hatha certification, why not consider joining us from April 9-19 for the training. For those who are already teaching hatha, this spring course is also an alternative for Hatha Renewal (required every 3 years) which is offered in August.