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Newsletter - Apr 2012

Upcoming Ashram Courses

[Straight Walk®](#)

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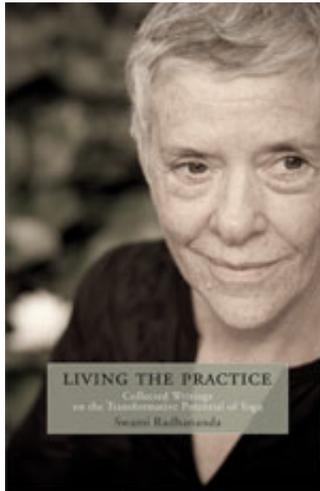
New release:
May 1, 2012

April at the Ashram



Spring has arrived in the Kootenays! Crocus are in bloom, tender new leaves are beginning to unfold and orchard tree blossoms are showing the promise of delicious fruits. With the warmer weather, plans are unfolding for our new garden shed, greenhouse and portable hoop house. Plan now to join us during the summer growing season and the fall harvest.

***Living the Practice: Collected Writings on the
Transformative Potential of Yoga***



Living the Practice

by Swami Radhananda

www.radhananda.org



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Announcing the much-anticipated release of *Living the Practice: Collected Writings on the Transformative Potential of Yoga*.

Swami Radhananda's second book draws on her thirty years as a yoga teacher and her rich experiences as a mother and educator. She presents yoga not as the esoteric art of a few flexible people, but as an everyday spiritual practice that can play a role in anyone's life - at a business meeting, while driving in traffic, cooking or gardening.

The book has arrived at the Ashram!

On April 5th, residents and guests joined Swami Radhananda in the Ashram bookstore to celebrate the arrival of her new book ([here are some photos](#)). About 500 copies made their way from Burnaby to the Ashram and another 500 to Spokane. The books are beautifully printed on 100% post consumer waste paper and are 100% carbon neutral.

Ashram book launch, April 29

Join the community in launching the new title on Sunday, April 29 at 2:00pm at Yasodhara Ashram. Swami Radhananda will read from the book and there will be group discussions, followed by tea. All are welcome.

As of **May 1st**, books will be available for purchase at www.radhananda.org, at your local independent bookstore, and on amazon.com.

Get involved from home - Host a conversation or satsang

Swami Radhananda will be sharing practices, videos, and conversation starters so that you can celebrate the release of *Living the Practice* in your community.

Worldwide
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Photo of the month
By Swami Radhananda

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Living in the Light, by Swami Radhananda



"If we keep our focus on the flowing light... then things are more harmonious"

[Watch the video](#)

Introducing the new Swamis



We are delighted to announce that Charles Green and Deborah Pohorski were initiated into sanyas on March 19th, 2012, the eve of spring and of Swami Radha's birthday.

Deborah is now Swami Matananda. "Mata" means Mother indicating her path of devotion to Divine Mother.

Charles is now Swami Premananda. "Prema" means "Divine Love" and indicates his path of love for Swami Radha.

Swami Radhananda initiated them with great joy.

On hand to witness the event were Swamis Sivananda, Saradananda, Samayananda and Lalitananda as well as Swami Yasodananda from Spokane and Swami Jyotihananda from Vancouver. Swamis Radhakrishnananda and Durgananda sent their support from Spokane.

You can support the two new swamis in their deepening commitment through your spiritual practices!

108 Sun Salutations for the Young Adult Program



On Sunday, May 13th at 9:30 am PST, yogis from around the world will come together to participate in Yasodhara Ashram's seventh annual 108 Sun Salutations Event. This fundraiser - initiated by young adults -- helps raise money for the Young Adult Program, described by many former participants as "life changing". Funds raised from this event help cover the cost for participants who are

unable to pay the full program fee.

During this exciting, live web-broadcast benefit, people will gather in the Radha Room of Mandala House, or connect to it online, to complete 108 series of these flowing postures, one of the cornerstone movements of yoga. This year there is also the option of completing 108 minutes of yoga as an alternative to the Sun Salutations.

You can participate by pledging a participant, making a donation on the Ashram web site or taking part wherever you are. You will find pledge sheets to track your donations, a sample email to send to your friends and family to gather pledges, and more information at www.yasodhara.org/108-sun-salutation.

Congratulations YDC 2012



Early April - a time of endings and new beginnings. The YDC concluded with a beautiful Rose Ceremony and a soiree filled with sacred dances and good humour. This 2012 group has committed to offering over 5,000 Divine Light Invocations over the next year to support the Ashram and YDC 2013. They also donated funds for more fruit trees for our orchard - feeding people for years to come. Thirteen people from the group are now stepping forward into training to become Yasodhara Hatha Yoga teachers. Congratulations!

Opportunities for Selfless Service



Applications are currently being accepted for an expanded offering of our Karma Yoga Program. Karma Yoga, work as selfless service, is an integral part of the teachings of the Ashram. Come and learn about yourself as you live the practice being part of the day-to-day functioning of Yasodhara. You'll also benefit from workshops throughout a multi-month stay on yogic practices and awareness building skills.

[Click here for more information or to apply.](#)

Rays of Light - News at a Glance

- **Conference:** Women and Faith Across Spiritual Traditions. On April 21st from 1:30 - 5:00 pm the Kelowna campus of UBC will be hosting an interfaith conference on the experience of women and spirituality. Representatives from the Ashram will be attending. [Learn more.](#)
- **Sustainability:** Last month witnessed the unexpected falling of a tree, damaging both bridges across Krishna Creek. This month the tree was transformed into a replacement bridge. Using on-site building materials is one way we express our commitment to sustainable initiatives.
- **Young Adult Program:** Starting May 1st our popular Young Adult Program will be changing from its current two-week commitment to four. Extending the length allows for more in-depth exposure to the teachings and community life and more time for self exploration and skill building.



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