Upcoming Ashram Courses

**Devi of Speech: the Power of Language**  
June 4-8

**Yoga of Light**  
June 8-10

**7 days of Yoga**  
June 8-15

**Life Strategies**  
June 22-25

**Living the Practice with Swami Radhananda**  
July 8-13

Visit our course calendar

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The Ashram in May

Earlier spring showers have broken open into warm, sunny days encouraging buds and blossoms to flourish. The fruit trees are covered with fragrant promises of late summer and fall offerings as the bees determinedly search for nectar. The course and retreat season has begun with participants receiving what they need from the teachings, the land, and the Light.

From the Archives

Work and Healing
Living the Practice
by Swami Radhananda

Now on Kindle!

Video of Swami Radhananda's book Launch

The Host Kits are now available with customizable promotional posters, postcards, and information

Check the updates on Radhananda.org

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

“What am I doing? What is my work and why? … We can start to build our own life according to something that is calling us forward.”

A Summer Course Offering

Work as Spiritual Practice with Swami Sivananda
5-Day Course at Yasodhara Ashram June 17-22

Our Growing Community
In addition to leaves and petals, the Ashram is now growing wings and feathers. In the last 4 weeks, the community has expanded with the arrival of 22 amerecauna chicks (first brought in at 2 days old) and 15,000 native honeybees. As part of our effort to increase resiliency and support our local food systems, we have invited the chickens into the newly renovated compost shed and the bees into a top bar hive, specially designed to be more in line with bees' natural habitat. Both creatures will contribute to the overall health and vitality of the garden and orchard through their pecking, fertilizing and pollinating.

Getting to know the new arrivals has meant seeing the differences between chickens and bees. The bees provide an example of sophisticated community living. They are highly organized, have clear purpose and excellent communication skills. The chickens offer an opportunity for empathic, one-on-one exchange; gentle slow movements combined with soft voices and a handful of feed elicits a co-operative response.

We're looking forward to sharing more as the season progresses.

**Refreshing our Young Adult Program**
In our efforts to keep evolving, the Ashram has made some adjustments to the Young Adult Program. We’ve extended the program length to 4 weeks per session to allow participants to deepen their experience in our spiritual community - practicing awareness and consideration while bringing quality to the smallest acts of everyday life. Learning how to explore one’s spiritual ideals within a community setting requires support. Our commitment is to inspire learners’ inner development with

- Karma Yoga: up to eight hours/day, six days/week
- Daily group reflection
- One day per week for spiritual practice and reflection
- Daily Hatha or Hidden Language Yoga class
- Evening Satsang in the Temple
- Weekly in-depth reflection class
- Community Karma Yoga Reflection class each week
- Weekly workshop in ashram life, yogic practice or skills building
- An invitation to any special events

While the revised program contains many similar components to what was offered previously, increasing the programming hours allows us to respond to young adults’ desire for even more exposure to Yasodhara's teachings.

**108 Sun Salutations for the Young Adult Program**
On Sunday, May 13th, starting at 9:30am, 15 karma yogis, guests, and residents met in the Radha Room to complete either 108 Sun Salutations or 108 minutes of Hatha Yoga to raise money for the Ashram’s Young Adult Program. The practice was held by Swami Saradananda’s sitar playing, bringing mantra into the asanas and holding the space for the participants to offer back to a program that has given so much to so many. Over the last six weeks, karma yogis have been working hard at getting pledges for the event, and so far have raised over 3200$ dollars!

108 Sun Salutations was live streamed and broadcasted on yasodhara.org for those around the world who weren’t able to attend but still wanted to participate. Radha Vancouver also joined the event by organizing its own fundraiser called 108 Minutes of Yoga. They raised over $700 for the Young Adult Program. A big thank you to all who participated or donated funds!

Rays of Light - News at a Glance

- We're excited to be refreshing the Ashram logo. Be on the lookout for the updated version soon.
- The Annual Strawberry Social is coming up on June 25th. The Ashram hosts the local community with strawberries and whipped cream and music by musicians from the immediate area.
- Part 5 of "Dorothy's Story Lake" was recently published telling the story of the previous owners of the Ashram land. This volume extends into 1966 covering Swami Radha’s purchase of the land in 1963.
- Planning continues for celebrating the 50th anniversary of Yasodhara Ashram in 2013.
In Canada:

In the United States:

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