Upcoming Ashram Courses

- **Celebration of Light**
  August 10-12

- **10 Days of Yoga**
  August 16-26

- **Women & Spiritual Life**
  August 24-27

Visit our course calendar

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Living the Practice

Summer at the Ashram means abundance from the garden, vibrancy around the grounds, and many new and returning faces contributing to the diversity of the community. We’re celebrating the season with beach dinners and enjoying the influx of lots of guests and long term, returning friends who add to and receive from all that is offered here.

Filling Up With Light
by Swami Radhananda

Buy it on Kindle!
Check for 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
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

“So often we have to just sit back into the Light and give from that place of Light … We fill up with that; then we are ready to help other people.”

View Video

Living the Practice

Twenty participants took part in Swami Radhananda’s 5-day course, Living the Practice, this month. Long-time teachers as well as individuals having their first experience at the Ashram found the accessibility and simplicity of the book, Living the Practice, transferred easily into the workshop. They spoke about highlights from the course and responses in their own classes when utilizing

Photo of the Month
the wisdom in Swami Radhananda’s book.

Families at the Ashram

“I have never seen my kids flourish and grow so much in such a short time. We have become closer as a family, and it's something we'll take with us for life.” (MW after a one-week stay with his wife, daughter and son)

What makes an Ashram family stay so special? Karma Yoga is a real hit with children - feeding the chickens, picking berries, harvesting lettuce. Then there's swimming in the lake and being creative in the “kids zone.” Young ones can run, play and explore in the safety of the Ashram community under the care of interested young adults. Parents get a chance to enjoy quality time with the family, time for themselves or even participate in an Ashram retreat.

If you are a family that wants to grow together, come anytime this summer. Just give us a call.

PS: Next July during the Ashram’s 50th anniversary, we plan to offer our first “Family Week.”

Culmination of a Dream
There has been an Australian presence at the Ashram this summer! Yasodhara trained teacher, Angela Gaffikin, journeyed from Wollongong with long-time students Laury Furney, Meg Goodwin and family.

Being at the Ashram and with Swami Radhananda in Living the Practice has been the culmination of a long-time dream for both Laury and Meg. It began eight years ago when Laury discovered Angela’s yoga room right around the corner from her home. Excited about her discovery, Laury told her friend Meg about it.

Eventually it became possible to come to the Ashram and for Meg to bring her whole family. Her daughter Maya loves being at the ashram and describes it as “safe” and “one of the most beautiful places on earth.” For Meg Living the Practice brought “a new level of understanding of my relationship with the Divine, summarized by an old hymn ‘Come as you are’. It’s been a very long road to get here, to feeling like that.”

Harvest Karma Yoga - The Inner and Outer Work
Join us this fall for our new Harvest Karma Yoga program! Come September, the Ashram’s abundant gardens and orchards will be ready to be harvested, processed and prepped for winter.

Learn about organic gardening from our resident expert and educate yourself in the arts of canning, pickling, drying and freezing.

But that’s not all! We will be offering participants weekly workshops so that you can also harvest your inner experiences. Take time to do your inner processing, and discover the harmony of yoga, gardens and a sustainable lifestyle.

- Who can apply? Anyone over 18.
- Minimum stay: 2 weeks
- Program end date: October 29
- Intake times: Sept 4, 17 and October 1, 15
- Cost: By contribution
- Includes: Full-time Karma Yoga; weekly workshop and reflection class, daily Hatha and satsang
- Want to come back to the Ashram and participate? Contact: yap@yasodhara.org for application information.
- Would this be your first visit to the Ashram? Click here to learn more

Returning to the Centre
Francesca Cogorno arrived a week ago to begin a two-year residency at the Ashram. For the past year she has been teaching and doing karma yoga at radha in Vancouver. What did she learn while she was in the city and what brought her back?

Rays of Light - News at a Glance

- Here's something to look forward to later this summer – the publication of the co-authored Mantra Initiation book by Swami Radha and Swami Radhananda. The book is a short, inspiring and helpful guide to anyone interested in mantra initiation and for those who have already been initiated. Mantra Initiation will be produced through a carbon-neutral print-on-demand printer, using 100% post-consumer waste recycled paper. To reserve your copy today, please email bookstore@timeless.org.
- The landslides at Johnson’s Landing have brought world attention to Kootenay Lake. We are supporting that community with the Light and Mantra. A Vipassana Retreat group scheduled there for a 12-day course re-directed their stay to the Ashram. We’re happy we were able to accommodate them.
- Start finalizing plans now to be here for the Annual General Meetings August 8-10th. Be inspired by and contribute to the Ashram community.
- Our rideshare board is just one way we’re moving forward to being carbon neutral by 2013. Check it out if you’re looking to share a ride or if you’re able to offer a ride to the Ashram. yasodhara.org/rideshare-board
- Support the Ashram in supporting all who are a part of the community: Join the Circle of Sustainability with regular monthly donations by clicking here