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 Newsletter - Sept 2012

Upcoming Ashram Courses

[Relaxation Retreat](#)
September 25 - 29

[10 Days of Yoga](#)
October 11 - 21

[Life Seals](#)
October 19 - 21

[Inner Life of Asanas
with Swami Lalitananda](#)
October 21 - 26

[Visit our
course calendar](#)

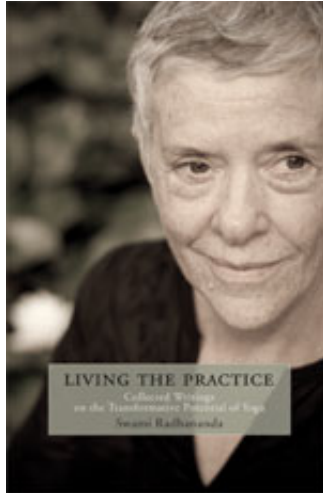
September at the Ashram - A Time of Transition




Featured book:

This season of change invites each of us to reflect about the transitions in our own lives. At the Ashram we are transitioning from the busy summer months into harvesting the garden and stocking root cellars for the winter months ahead. The daily karma yoga is also a time of harvesting - collecting all the insights that come from approaching work as a spiritual practice. Many people are coming for the Ashram's new Fall Harvest Program to learn about organic gardening, food preserving and harvesting inner experiences. Read more about this exciting new initiative below!

Celebrating Swami Radhakrishnananda's Life & Legacy



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Living the Practice
by Swami Radhananda

www.radhananda.org



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[Spokane, WA](#)

As the season changes, we are reminded of the passage of time and how precious life is. On August 31st Swami Radhakrishnananda, a long-time disciple of Swami Radha, died from cancer. Her inspiration and generosity of spirit have touched many people over the years. In addition to her special interest in health, healing and yoga, she was instrumental in contributing to the legacy of Sacred Dance begun by Swami Radha many years ago. A memorial service, celebrating Swami Radhakrishnananda's life, will be held in the *Temple of Divine Light* at Yasodhara Ashram on October 7th, 2012.

[Read the Memorial Page](#)

Transition, by Swami Radhananda

[Bay Area, CA](#)

Worldwide

[Auckland, NZ](#)

[Caudet, FR](#)

[Europe](#)

[Isle of Wight, UK](#)

[London, UK](#)

[Wollongong, AU](#)

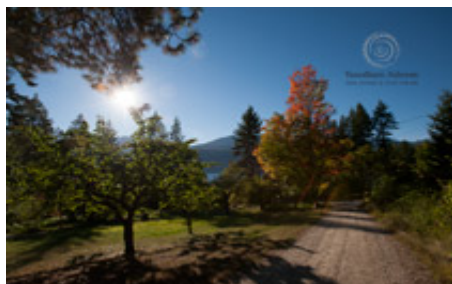


Photo of the month

[Make this photo my desktop image](#)

At the end of the 2004 Yoga Development Course, Swami Radhananda gave an inspirational talk on faith and transition. [Watch the video](#)

50th Anniversary - 2013 Program Calendar

Yasodhara Ashram
YOGA RETREAT & STUDY CENTRE

Join us in celebrating our 50th anniversary throughout 2013. New this year are our five-day Signature Programs (highlighted here in yellow), which combine several of Swami Radha's most powerful workshops, offering you exciting new pathways into the heart of yoga.

Choose your path!

Yoga Development Course	January 8 (level) - Apr 8	Divine Feminine Retreat	July 5 (level) - 7
Hatha Yoga Teacher Certification	April 9 (level) - 19	Family Week	July 8 (level) - 12
Society AGM	May 2	Teen Program	July 8 (level) - 12
Power Yoga: Life Soles & Strength Walk	May 3 (level) - 8	Power Yoga: Life Soles & Strength Walk	July 12 (level) - 14
Life Soles	May 3 (level) - 5	Life Soles	July 12 (level) - 14
Tools for Transformation Retreat	May 10 (level) - 14	Relaxation Retreat	July 14 (level) - 18
10 Days of Yoga	May 16 (level) - 26	10 Days of Yoga	July 18 (level) - 28
Calling on the Divine: Mantra & Consciousness, Dance, Mantra	May 17 (level) - 22	Selling the Mind Retreat	July 19 (level) - 23
Music & Consciousness	May 17 (level) - 19	Hidden Language Teacher Certification	July 24 (level) - Aug 6
Yoga of Healing Retreat	May 24 (level) - 28	Hatha Yoga Teacher Renewal	Aug 1 (level) - 6
Who am I? Self-Image & Identification	May 31 (level) - June 3	Tools for Transformation Retreat	Aug 2 (level) - 6
Self-Image	May 31 (level) - June 2	Ashram's 50th Anniversary Celebration	August 7 (level) - 11
Tools for Transformation Retreat	June 7 (level) - 11	Kundalini & Dream Teacher Certification	Aug 12 (level) - 26
Tools as a Temple: Hidden Language, Dance, Reflection	June 9 (level) - 14	Body as a Temple: Sacred Dance, Hidden Language, Reflection	Aug 12 (level) - 17
Hidden Language Hatha Yoga	June 9 (level) - 11	Sacred Dance	Aug 12 (level) - 14
Key to the Unconscious: Dreams & Strength Walk	June 14 (level) - 19	10 Days of Yoga	Aug 13 (level) - 25
Dream Yoga	June 14 (level) - 16	Women's & Spiritual Life	Aug 23 (level) - 27
10 Days of Yoga	June 20 (level) - 30	Guarudeo Sriyananda's Birthday	Sept 8
Yoga of Light Retreat	June 21 (level) - 23	Life Soles	Sept 13 (level) - 15
Calling on the Divine: Mantra & Consciousness, Dance, and Mantra	June 30 (level) - July 5	10 Days of Yoga	Sept 19 (level) - 29
Mantra Yoga	June 30 (level) - July 2	Relaxation Retreat	Sept 20 (level) - 22
		Strength Walk	Sept 27 (level) - 29

DOWNLOAD 2013 Program Calendar

We are delighted to present the 2013 calendar for Yasodhara Ashram's 50th Anniversary year, featuring new programs and a refreshed design. Let us know what you think! Highlights:

- Family Week, July 8-12th, offers a balance of personal retreat

(while your kids enjoy their own program), spiritual development with other parents, and quality time with your family.

- Five-day Signature Programs, held throughout the year, combine two or more of Swami Radha's original workshops to create a nourishing dynamic of self-development and spiritual practice.
- 50th Anniversary celebration, August 7-11, showcases the Ashram's evolution and features music and dance, learning groups and (maybe) fireworks! Join us for this milestone event.

Celebrate these timeless teachings that awaken the Light in you!

[Click here to Download the Program \(6.3MB\)](#)

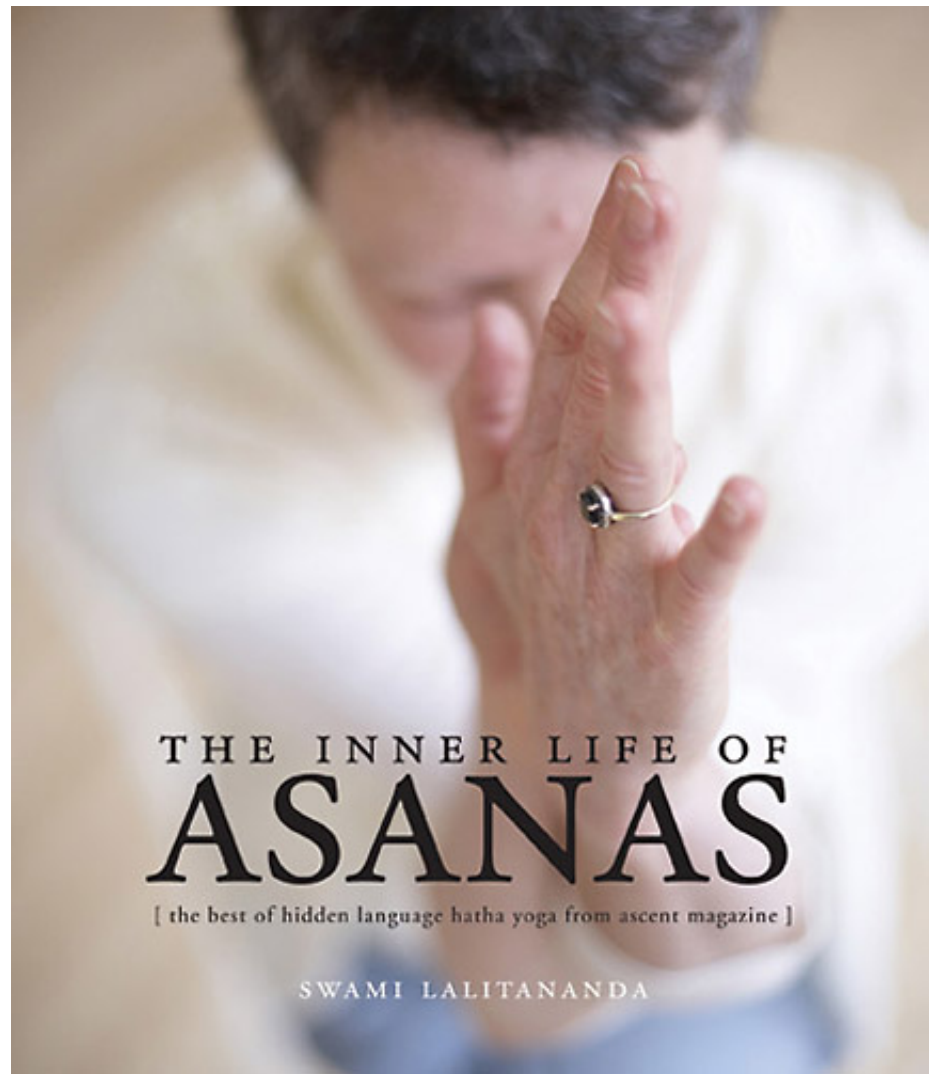
Transitions - Life After the Yoga Development Course



Each January the Ashram offers a three month [Yoga Development Course](#) (YDC) with an invitation to stay on after the course for up to 5 months. We had a chance to catch up with some of the 2012 YDC group who are transitioning from the Ashram back into the world. Judith writes from overseas: *'When I returned to the Netherlands, my friends and family all agreedâ€”I look amazing. Is it just my new spiky hair? The dress-sizes I dropped? I doubt it. My change lies within. The YDC was filled with challenge and learning, sharing and deepening.'*

[Read more about Judith's and other's transition experiences!](#)

**Come and Explore the *Inner Life of Asanas*
with Swami Lalitananda, October 21-26**



Come and join Swami Lalitananda in the beautiful mountains, forest and shores of Kootenay Lake to explore *Hidden Language Hatha Yoga* - a practice that stretches the body, opens the mind and expands awareness of the sacred within and in the world. Whether new to yoga or a long-time practitioner, this gentle and meditative approach will deepen your Hatha Yoga practice and understanding of yourself.

[Click here to learn more and register for the course.](#)

Fall Harvest Program



Bridget Sangster from Vancouver describes how she came to be part of the Fall Harvest Program: *'A friend who had taken the Yoga Development Course suggested that I consider taking a step back, focus inward and reflect on who I was becoming as a person, my lifestyle and how tired this was making me. When I discovered the Harvest Program I was pleased because I have an interest in sustainability. It's exciting to learn how to preserve and can the fruits and vegetables we are harvesting.'* [Read more about the Fall Harvest Program](#) and how an integral part of the program is taking time for inner processing.

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

Renewable Energy and Sustainability at the Ashram



Last month we announced the purchase of two Neighbourhood Electric Vehicles. This month we are taking steps to establish how we will meet the commitment to operate these vehicles on a 'net-zero energy gain' basis. We've just installed a stream flow weir in Krishna Creek to assess how much power a mini-micro hydro generator could produce. Over the past year, we've also been gathering data from a digital recorder atop a long pole by the red greenhouse. It is now being used in the design pilot projects to establish what is possible for future use of photovoltaic panels and a small wind turbine.

Swami Sivananda is working with Karma Yogis to develop a 2020 renewable energy plan. *'The knowledge gained since 2008 to reduce the Ashram's carbon footprint is inviting us to take the next step as a spiritual community. From the beginning, Swami Radha was committed to 'make do with what we have and what is given'. What better way to think about renewable energy here! As we develop this new 2020 plan, our goal is to support all who come with the lightest possible ecological footprint and to keep the Ashram affordable by using established technologies to reduce operating costs.'*

Support the Ashram's Renewable Energy initiatives with your donation. [Click here to support the Electric Vehicle fund](#) and watch for the announcement of our new 2020 Renewable Energy Program early in 2013.

Ways of Giving Back



Timea Fleury and Bill Coulson were married in the Ashram's Temple of Light on September 1st. Instead of choosing a 'destination wedding' and bridal registry, they decided the only destination they wanted for their vows was the Temple of Light. They asked friends and family to donate to the [Young Adult Program](#) instead of buying gifts. Timea was part of this program a few years ago and describes it as a pivotal time. Being at the Ashram was a transformative experience that changed her life.

Rays of Light - News at a Glance

- **Living the Practice Conversations** and workshops are happening in many of the centers. Check with your local teachers/ Radha Centers or www.radhananda.org for up to date news.
- **Radha Center Fall Schedules** are now up on the web. Visit your local [Radha Centre](#) page for all the details.
- Swami Samayananda will be traveling in October, offering 2 workshops. The first is at the Spokane Radha Yoga Centre on October 13 - *Kundalini Yoga: The Path of Liberation* ([Click here for more information](#)). Then on October 20, a Yoga of Light workshop in Sunnyvale, California (for more information: Mary Ruth Green, 408-736-9746).



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