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Newsletter - Oct 2012

## Upcoming Ashram Courses

[Life Seals](#)

October 19 - 21

[Inner Life of Asanas  
with Swami Lalitananda](#)

October 21 - 26

[Tools for Transformation](#)

October 29 - November 2

[Transitions](#)

November 22 -25

[Visit our  
course calendar](#)

## October at the Ashram - Designing our Future

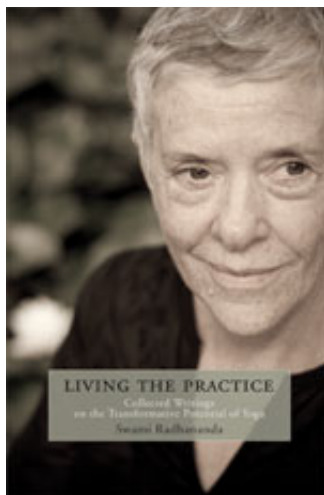


Featured book:

As fall brings beautiful tones of gold, red and orange to the Ashram grounds, and crispness to the air, we can all feel the currents of transition. We're on the cusp of an expansion that can be sensed and much planning is taking place to welcome it.

It's a dynamic time in which we are engaged in understanding, clarifying and refining our intentions and purpose for various areas such as land-use, transportation, Parvati, and the food flow building, among other areas within the Ashram.

The act of reviewing and reflecting on where we have been, where we are and where we would like to go, creates the process that shapes our future.



[Buy it on Kindle!](#)

## Living the Practice

by Swami Radhananda

[www.radhananda.org](http://www.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](#)

## Ideals, by Swami Sivananda Radha



An excerpt from "The Aspirant", 1989.

[Watch the video](#)

## The Ashram Lightens its Environmental Footprint



Pacific Carbon Trust

[Bay Area, CA](#)

**Worldwide**

[Auckland, NZ](#)

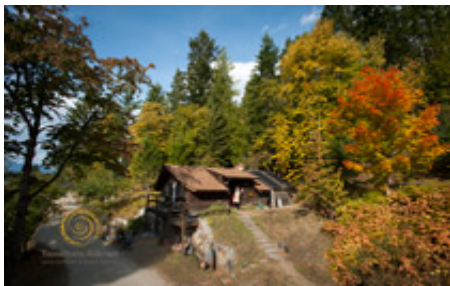
[Caudet, FR](#)

[Europe](#)

[Isle of Wight, UK](#)

[London, UK](#)

[Wollongong, AU](#)



### Photo of the month

[Make this photo my desktop image](#)

As of October 2012, Yasodhara Ashram is officially certified as Carbon Neutral!

In 2008, the Ashram committed to a five-year plan to achieve this goal in 2013 - the year of the Ashram's 50th Anniversary.

What does it mean to be Carbon Neutral? It's a process of measuring the amount of carbon released and balancing this with an equal amount of carbon credits in order to create a 'carbon neutral' outcome.

We began measuring the Ashram's carbon footprint in 2008 (for a period of three years) to calculate our greenhouse gas emissions in all areas of operation. Then reduction strategies, such as converting to an integrated geothermal/solar system in Mandala House, and reviewing our food sources/food flow, were put into place. And for the emissions that have not been eliminated, the Ashram is purchasing carbon offsets from Pacific Carbon Trust's portfolio of independently verified and BC-based greenhouse gas reduction projects. The amount of carbon the Ashram releases is now offset with carbon credits thus achieving our Carbon Neutral status.

And all of this has been possible through the [support of our donors](#) and volunteers. They have made this program a success.

### Registration is now open!



Our [2013 Programs are now on-line](#) and available for registration on

our [website](#) where you can read detailed descriptions of our courses, celebrations, and retreats.

New this year are the five-day Signature Programs, which combine several of Swami Radha's original workshops to maximize their potential and create unique pathways into yourself. And Family Week, which is an open invitation to families to come together and enjoy this spiritual community.

Join us in celebrating our 50th Anniversary throughout 2013 and continue your journey of Growing into Light!

[Explore the 2013 Program Calendar](#)

## You're invited to the 2013 Yoga Development Course



Take a meaningful step towards designing your future by accepting the Ashram's invitation to participate in the 2013 [Yoga Development Course](#) (YDC) - the first program in our 50th Anniversary year.

No matter where you are on your spiritual journey, the YDC is for those who wish to deepen their yoga practice and make permanent changes in their approach to life.

The [YDC](#) is an intensive three-month program designed to give an in-depth introduction to the major branches of yoga and a foundation in personal and spiritual development. By integrating yogic practices with personal development techniques, the YDC offers powerful tools for transformation.

[Join the 50th Anniversary YDC](#) and make 2013 the year you take your next step.

*Through the YDC I began to peel back the layers of the onion - this allowed me to begin to truly see who I am and understand who I want to be - what matters in my life - why I'm here and how to make sense of it all. It has been a healing process and a letting-go process - it feels like there is more room in my life for 'the life I want' to happen in!*

Â YDC 2012 Participant

## News from the Garden and Summer Kitchen



The garden and orchard are in full harvest mode - 1500 lbs of squash have been harvested along with a variety of fruits and vegetables. And we're also in winter prep mode - planting garlic, and putting the fields to bed.

We're grateful to the bees for their considerable contribution to this year's abundant harvest through their pollination efforts. We are winterizing the bees and their hives by insulating and creating food stores for them. And there is an on-going effort to keep the bears and the bees apart!

The Summer Kitchen has been a hive of activity for the past few months and continues into the fall with apples, kimchi, sauerkrauts and Ashram Tea - this year's blend also includes mint and white/red rose petals.

## New Fall Reading

As the weather begins to cool, take time to curl up with a new book (or two) and allow your mind and imagination to travel from the power of mantra to the lure of the prairies to an examination of 21st century yoga in North America.



[Order here](#)

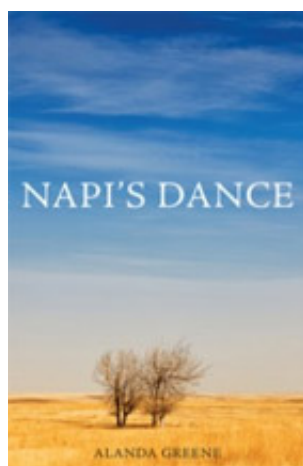
### Mantra Initiation

Swami Sivananda Radha & Swami Radhananda

New from timeless books is *Mantra Initiation* - an inspiring guide for anyone interested in mantra initiation and for those already initiated. A collection of insights from Swami Radha and Swami Radhananda, *Mantra Initiation* is meant to complement existing publications and to illuminate mantra initiations in the lineage of Yasodhara Ashram.

Swami Radha and Swami Radhananda describe their unique approaches to initiation from their own experience of being initiated and from initiating others. They emphasize that mantra initiation is one of the most important commitments to be made on the yogic path. The starting point is a sincere desire for liberation and in-depth personal investigation.

*Mantra Initiation* explores issues such as the guru-disciple relationship, preparing for initiation, and following through on the commitment. Included are questions and reflections to provide support on the journey to initiation and beyond.



[Order here](#)

### Napi's Dance

Alanda Greene

Alanda Greene was born in Calgary, Alberta and in 1975 moved to Kootenay Bay, British Columbia where she taught at the local school. During this time she was drawn to Yasodhara Ashram and the teachings. Following the 1992 YDC, the novel's idea surfaced and in 2012, *Napi's Dance* was published.

In the mid-1800's, two women - one Blackfoot and one white, are united by their love of the prairie. A chance encounter will unite their paths. In a time of disruption and loss, their resilience and determination offer hope that their two peoples, as well as the natural world around them, can survive great change.



[Order here](#)

## 21st Century Yoga

Co-edited by Roseanne Harvey and Carol Horton

Former *Ascent* magazine editor and friend of the ashram, Roseanne Harvey, along with co-editor, Carol Horton, have released [21st Century Yoga: Culture, Politics & Practice](#).

[21st Century Yoga: Culture, Politics & Practice](#) is one of the first books to provide a multi-faceted examination of yoga as it actually exists in North America today. It features 12 essays by some of the leading minds in North American yoga, including Michael Stone, Frank Jude Boccio, Chelsea Roff and more. The lively voices investigate how yoga can be a healing modality, tool for political and social engagement, and a vehicle for community building, among other themes.

## Rays of Light - News at a Glance

- Harvest and Gratitude Weekend:** The Thanksgiving Weekend was a busy Light-filled time at the Ashram with almost 100 guests, residents and Karma Yogis enjoying a wonderful Thanksgiving dinner prepared by the Ashram Culinary Team. Weekend activity included: classes, tours, karma yoga, reflection, harvesting, a garden blessing, and much sharing of gratitude for the blessings of life, including that of Swami Radhakrishnananda.
- November at the Ashram:** During the month of November, the Ashram's focus will turn to planning and preparing for our 50th Anniversary year and for this reason, there are few courses scheduled. We have a variety of projects in the works and look forward to sharing details with you in the next few months.
- Yoga of Light Workshop - Sunnyvale, California:** On October 20th, Swami Samayananda will offer a *Yoga of Light* workshop in Sunnyvale, California (for more information: Mary Ruth Green, 408-736-9746).
- Radha Center Fall Schedules** are now up on the web. [Visit your local Radha Centre page](#) for all the details.



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