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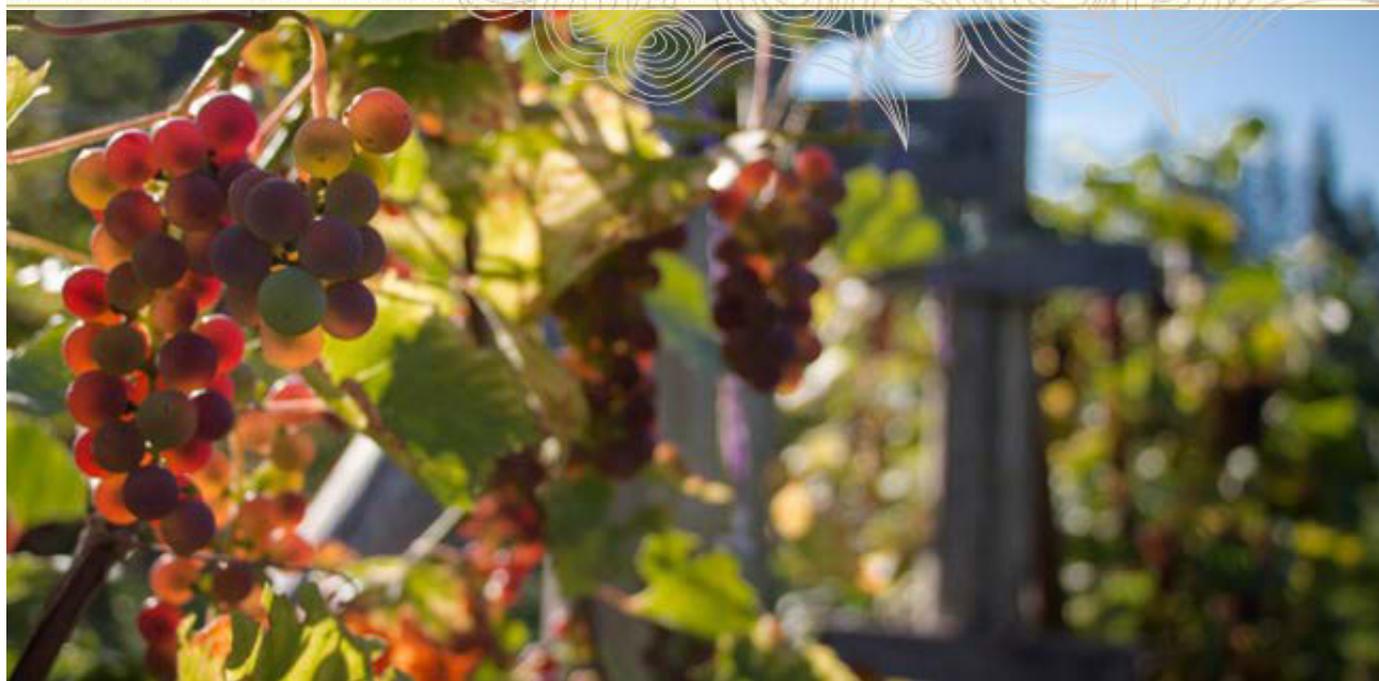
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Yasodhara Ashram
YOGA RETREAT & STUDY CENTRE

CELEBRATING
50
YEARS
1963-2013

A PAUSE - SEPTEMBER NEWSLETTER



It's in the air, the feeling of fall. As the seasons change, we reflect with appreciation on the fullness of a summer echoing with children's laughter, rich music and warm connections. Now, in this quieter period, we take time to reconnect with our inner knowing by exploring the fundamental question, Who am I? Just as there is a point of balance between steps and a space between breaths, we pause between seasons to let silence nourish us.

- [Relaxation Retreat](#): In this retreat, you will focus on going inward, stilling the mind and body, connecting to your inner source of peace, harmony and joy. Re-enter your life with sustaining practices to keep the relaxation, with all of its benefits, alive.
September 20 - 22
- [Stilling the Mind Retreat](#): What is the mind? What are its tendencies? How can it be directed? Each day you will learn a practice - including

UPCOMING ASHRAM COURSES



visualization, breathing techniques, concentration and reflection - to help you understand different levels of mind and to approach the mind's expansive potential.

October 4 - 6

- [Thanksgiving Weekend](#): With a focus on gratitude, this weekend is a time to look at what each of us has harvested in our lives and what we want to preserve. What are you grateful for and how do you express it? Participate in our annual Karma Yoga work-bee. Experience the joy of being in community as well as having quiet time on your own.

October 11 - 14

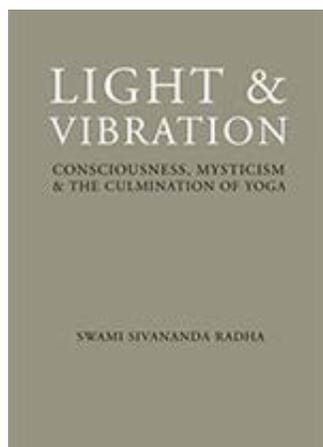
- [10 Days of Yoga](#): One of our most popular programs for students of all levels, this course is designed to offer practices that support your personal and spiritual development. Instruction is given in a variety of traditional yogic practices combined with original courses Swami Radha created for personal development. Give yourself ten days to expand your understanding of who you are and who you want to be.

October 17 - 27

- [Personal Retreats](#) and [Artist and Professional Retreats](#) are available year round at the Ashram - take time to renew spiritually and creatively.

[Visit our 2013 program calendar](#)

Featured Book



*Light & Vibration:
Consciousness, Mysticism & the
Culmination of Yoga*

by Swami Sivananda Radha

www.timeless.org

"Which is the Real You?"

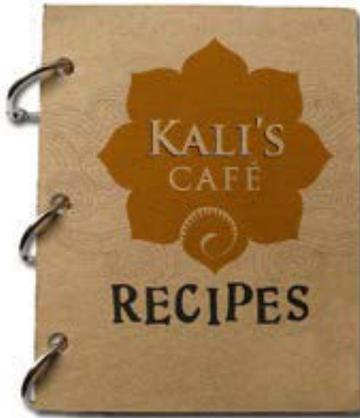
Swami Sivananda Radha



Through a series of vignettes and audio clips from the '70s and '80s, Swami Radha highlights the practices that guide us in the ongoing exploration of identification and the question: "Who Am I?"

[Watch the video](#)

Spirit and Nature - Swami Matananda



September Recipe:
[Gluten-Free Bagels](#)



Swami Matananda has been living and teaching at Yasodhara Ashram since 1990. She is actively involved in tending the Ashram land.

"In all of us there is something perfect, and what is perfect cannot be improved but only uncovered. Can you activate the best in yourself? Can you uncover the Light within?" (p 157)

Swami Sivananda Radha
*Light and Vibration:
Consciousness, Mysticism &
the Culmination of Yoga*



From childhood I have felt a connection to the Divine through nature. Growing up in California, I would wander into the apricot orchard and rock quarry behind our home and experience this connection and sense of knowing myself. Today every visit to the Ashram forest, fields or beach brings anticipation - my senses are on alert to new discoveries, my sight becomes instinctive, my curiosity is alive. Each visit I choose a new path, sometimes chanting or doing the Divine Light Invocation among the cedar trees.

As an Ashram resident I embrace stewardship of the land. Living harmoniously with nature brings great respect for whatever I encounter - from the Great Horned Owl to the deer that hiss and stomp their warnings, to the cave in the rock that I'm sure is a bear's den. And of course, there are also edible discoveries - like the wild chanterelles and lobster mushrooms that the culinary team uses to make delicious soup.

The beauty of the [Ashram land](#) lies at our doorstep - nourishing and providing for each of us!



Desktop Photo

Appreciation - 50th Anniversary Celebrations

of the Month

[Make this photo my desktop image](#)



What a wonderful, joyful experience! Thank you to the whole Asram community for all the organizing, dedication and hard work that went into making my time so wonderful. Juniper Glass, Montreal

Juniper's comment reflects many that we have received throughout this special year. We are grateful that so many friends could experience the gifts of the 50th. And we are deeply grateful to Swami Radha, to Swami Radhananda and to everyone who has helped maintain this amazing centre of Light.

Artist Retreat - Paula Kravitz



Paula Kravitz creates successful art in California and holds a demanding job, but she knew she needed to find a place that would help her open up her art. Here's how she found the Asram.

What I thought was a "painting block" I discovered was actually a spiritual block. My painting had gotten clever. It wasn't coming from a deeper place and I knew I needed to be in an environment with water, beauty, community and a sense of being held. A Google search presented Yasodhara Ashram, and I was amazed at how it aligned with my list - especially when I discovered the Artist Retreats.

My experience at the Ashram was initially unsettling. I knew that to open this channel within me, I had to risk slowing down, listening, accepting the Light and putting aside my ego. The structure of daily Karma Yoga was essential because it grounded my experience and it allowed me to do my personal work. Soon I knew I had found a safe place to experience deep exploration.

I discovered the importance of the Divine Feminine to my work. Grace and humility were my companions during my ten days at Yasodhara Ashram, and my painting feels honest and true.

What would I tell other artists? Come in with a wide-open mind and prepared to confront yourself. Expect to be challenged, to wrestle and to ultimately find a whole new opening in yourself and in your work.

Learn more about [Artist Retreats](#) at the Ashram and [view Paula's selection of paintings](#) completed during her retreat.

A Patient Pause in the Garden - Paris Marshall Smith



I am pausing for a moment in the soft autumn light to appreciate abundance.

The intense efforts of spring and summer have created a beautiful space. It has been a great growing year on all fronts. With brilliant weather and with people and systems in place, the season has been generous. Our harvest highlights include: 1,600 lbs of cherries, thousands of carrots (with many more waiting in ground), hundreds of tomatoes and beans, 1-2 buckets of basil/day, and so many raspberries. The Summer Kitchen is operating at full tilt!

The addition of [interns](#) Rachelle Premack and Bryn Bamber (pictured above) has brought consistent care to the garden and improved efficiency and productivity. The relationships with local farmers are also growing well, creating greater certainty of where we source extra produce.

The potential of a single seed is powerful. Nurturing that potential - combining choice, trust, care, planning and patience - is reflected in my relationship with squash. The plants now huge and celebratory with globes of dense, rich sweet food begin as small seeds. The planning started last fall, the community came together to shape and feed the soil, the carefully chosen seeds were planted. And then I had to step back and trust the intelligence of the seed. Today, delighting in the beauty and anticipating the harvest, it was definitely worth the wait.

www.yasodhara.org/sustainability/farm-garden

Who are we? Yasodhara Yoga Teachers



Yasodhara
YOGA CENTRE

At a [special meeting](#) for the Friends of Radha Foundation in August, a resolution to change the name from Radha Yoga Centres to Yasodhara Yoga Centres was passed unanimously. The change to the FRF Constitution is now officially registered with the BC

Registry. The name reinforces the close relationship between Yasodhara Ashram and the extension of the teachings beyond the Ashram.

All teachers trained at the Ashram are invited to consider themselves Yasodhara Yoga teachers and the teachings Yasodhara Yoga.

The change from Radha to Yasodhara Yoga Centres is currently in transition. The marketing team wants to work in coordination with each Canadian centre in a timeline that will work for everyone. Meanwhile, Michael Wou, who created the Ashram's branding, has designed the beautiful logo pictured here and is currently working on illustrations.

The Yasodhara Teachers Network (YTN) - Phase One



The blue "Teacher Log-in" button on the top right-hand corner of the Yasodhara Ashram website provides access to the **Yasodhara Teachers Network (YTN)** - a resource centre for teachers to connect with each other, with the Ashram, and with the teachings.

Here Yasodhara Yoga Teachers will find resources, discussion forums, practical teaching tools, marketing templates, monthly teaching themes and more. The YTN is a place where conversations can happen, connections can be nurtured and teaching ideas shared.

The recent Teacher Certification participants are currently testing the site as a pilot project. There are a few more technical kinks to work out and then YTN will be ready to greet all teachers. When it's ready to launch, teachers will receive an email invitation to activate

their membership.

This exciting joint initiative of the Friends of Radha Foundation and Yasodhara Ashram provides our teachers with a worldwide platform from which to learn and grow!

Stay tuned for the official launch date.

Yasodhara 108 - Young Adult Program Fundraiser



Each year about 200 young adults (ages 18-30) are drawn to Yasodhara Ashram to experience life in a spiritual community, learn new skills and study yoga. In support of the [Young Adult Program](#), we have generated donations in the past through a 108 Sun Salutations fundraiser.

This fall we are introducing the new "Yasodhara 108" fundraiser, which is open to everyone. Instead of being limited to Sun Salutations, you can commit to 108 of whatever practice or activity helps you connect spiritually.

Your Yasodhara 108 may consist of 108 minutes of mantra, Hatha Yoga, meditation or pranayama. Or it may be an intense 108 minutes of dance or photography. Perhaps you want to bake 108 cupcakes to share with friends or knit 108 hats for the homeless or... do 108 Sun Salutations! You will have a six-week window during October/November to schedule your fundraising activity.

Simply choose a meaningful activity for you and then invite friends and family to sponsor you. Raising funds for this [program](#) means helping to create a strong foundation for some very fine young people.

Stay tuned for detailed instructions coming your way in the next few weeks. In the meantime, take this time to reflect on what your 108 will be!

News at a Glance

- **Yasodhara Outreach Update** - Swami Samayananda's initiative in the East is underway. She has already helped to celebrate Ottawa Radha Centre's 30th Anniversary, has offered workshops in Ottawa and Montreal, and will soon be on her way to a busy schedule in Toronto and southern Ontario.

Alicia Pace, launching the Yasodhara Institute, presented her first "Straight Walk Workshop: Powerful Perspectives at Work" in Montreal and plans an evening in Ottawa before Toronto's workshop. Yasodhara Institute fosters the discovery of deeper meaning in life and work.

[View](#) the full Yasodhara Outreach schedule.

- **Honouring our Teachers** - The Ashram celebrated [Sunday, September 8th](#), Gurudev Sivananada's birthday, with a day of silence. Each person also reflected on teachers in their lives and created a card of thanks that was offered at the altar in the evening. Initiates met in the afternoon to review the effect of initiation in their lives. Simple and sweet!
- **Bhajan Blast** - Our next Bhajan Blast is scheduled for Sunday, October 20th, from 7 - 8 pm Pacific. View the September 15th Bhajan Blast broadcast [here](#). Wherever you are, [let's connect!](#)
- **Buddhist Retreat** - On September 27 - 29th the Ashram will be the venue for a [Buddhist Retreat](#) with Venerable Losang Samten, who is offering an initiation into the healing practice of Medicine Buddha. For more information visit www.losangsamten.com or info@dharmac.com.
- **The Fall Harvest Continues** - Join us for the Fall Harvest Program and help bring in and process the fruits and veggies! If you are 30 and under, please [click here](#). If you are over 30, please follow [this link](#).
- **Recovering the Body** - Carol Collier, a long time student of Yasodhara Ashram, has recently published a book, *Recovering the Body*, about her exploration of yoga and alternative medicine. She describes how the practices have led her to a holistic vision of mind and body that has eluded Western medicine. As Carol writes, "The body wisdom of yoga can lead the way." Learn more [here](#).
- **Fall Community Classes** - The nine-week fall session starts up again on Wednesday, October 2nd with Hidden Language Hatha Yoga at 6 pm and Dream Yoga at 7:45 pm. For info [click here](#). To register please contact 1-800-661-8711 or 250-227-9224.



Historical Moment - Identifying with the Light

When Swami Radha was on a plane returning from India in 1956, newly initiated into sanyas, she started panicking and questioning, "Who is Swami Sivananda Radha? What will happen to Sylvia?" Then she remembered that Gurudev Sivananda had promised he would always be with her, and she opened to the challenge he had set before her - to trust the Divine and live on faith.

Swami Radha kept her process of self-inquiry alive throughout her life and invited everyone who came to Yasodhara Ashram to question as well. Who am I really? Can I go beyond the layers and masks and find my true self? What do I know? What is the purpose of my life? What gives my life meaning? This questioning process can open the door to the vast potential that every spiritual tradition promises.

Underlying all the classes and workshops, all the Karma Yoga at Yasodhara Ashram is this question, "Who am I?" - a question that deepens our awareness as we continue to respond to it.



Teaching Guide - Who Am I?

During the month of September we focus on the question, "Who Am I?" Whether you are at the Ashram or in our extended community, we invite you to explore the mystery of you!

"Who Am I?" is the theme for September 2013.

[Click here](#) for ideas and practices to guide you in your exploration of the questions "Who Am I?" These teaching reflections were generated by members of the 2013 Kundalini & Dream Teacher Certification. Thank you!

In this month's video, Swami Radhananda speaks to us about how to be who we really are. She explores the Divine Light Invocation and leads a beautiful visualization of extending the Light into our homes, our community, our workplace, our country and our planet. In the audio archive, listen as Swami

Radha asks, "With what do you identify?" When we identify with the Light by reflecting with deep feeling on the words of the Divine Light mantra, she says that we can find the liberation we are seeking.



September Art Project - Mask Making

Through the process of mask making embark on an exploration of the masks that you wear in your life. A mask hides and a mask reveals. What is the face of your mask? Each mask has a story to tell. Who are you when you wear this mask? Discover the many faces of yourself through this month's art project.



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