Giving Back

With Spring Equinox approaching, it's a perfect time to reflect on balance and expanding light. Symbolically we balance our karma and give back to life through selfless service. Swami Radha is such an outstanding example of dedicated service. She not only started Yasodhara Ashram and nurtured many disciples, she also offered her knowledge through writing books, creating videos and starting urban centres. She was tireless in her efforts to make the teachings available.

This month we are pleased to highlight the launch of a website for all Yasodhara Yoga Teachers & Centres, an initiative that unites us worldwide and makes visible those who carry the teachings into the world. May your service bring many blessings!

Hatha Yoga Teacher Certification: In this ten-day course you will learn how to teach classical asanas and integrate spiritual practices into the classroom. Successful completion of the Yoga Development Course is a prerequisite.

April 9 - 19
Easter Weekend: Celebrate the coming of spring in this weekend of Karma Yoga, special activities and quiet reflection time.
April 18 - 21

Discover Yasodhara: Introduction To Spiritual Community: "Discover Yasodhara" is for those who are interested in experiencing daily life in a spiritual community, and a great way to get to know Yasodhara Ashram. This is a one-week work and study program, with a balanced focus on the practice of Karma Yoga (selfless service) and introductory classes in the practices of Yasodhara Yoga.
May 5-12

Yoga & Healing Retreat: The retreat is for those seeking physical, mental or spiritual healing. Spacious and nurturing, this is a time to go inward, accessing your compassion and inner Light.
May 9-11

10 Days Of Yoga: One of our most popular programs for students of all levels, this course offers 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.
May 15 - 25

Personal Retreats and Artist and Professional Renewal Retreats are available year round at the Ashram - take time to renew spiritually and creatively.

Visit our 2014 program calendar.

Centres of Light...In the Beginning
Swami Sivananda Radha, Calgary, 1987

Radha: Diary of a Woman's Search
Swami Sivananda Radha

"Help people to live a Divine life, inspire people to sing the Lord's

At the fifth anniversary of Shambhala House Calgary (now Yasodhara Yoga Calgary), Swami Radha speaks of the tremendous
name. Do it with your whole heart and all will benefit..." (p 117)

Gurudev Sivananda's direction to Swami Radha, October 1956.

www.timeless.org

Keeping Promises
Swami Jyotihananda

In 1982, with Yasodhara Ashram thriving, Swami Radha turned her attention to her guru's request to create many centres of Light in the West. The first was opened in 1982 in Calgary. Shambhala Houses later become Radha Yoga Centres and this year transitioned to become Yasodhara Yoga Teachers & Centres.

After taking the Yoga Development Course (YDC) in 1979, I intuitively knew I had found my path. I remember being electrified when Swami Radha told our group that we were all little Lights with a responsibility to carry the Light into our communities.

I returned to Lethbridge and offered courses and satsangs locally. Then in 1982 Swami Radha invited me to manage Calgary Shambhala House. This was a big step but in my heart I knew it was right and I agreed with a wholehearted commitment. I had just completed an intensive year-long Divine Light Invocation practice, which brought forward my deep longing to give back.

Personally, saying 'yes' to Swami Radha elevated my self-image and changed my life completely. Once the centre opened, she gave me few instructions except to offer the teachings, to inspire others and to sincerely connect with the power within through the work and practices. She encouraged me to be independent and to turn to the

Cheesecake with Ashram Fruit Compote

Find a Yasodhara Yoga Teacher near you

Make this photo my desktop image
teachings rather than other people to meet my needs. Through my ten years there, I learned how to step back and surrender and to let the teachings be my guide.

My deepest gratitude to my guru, Swami Radha, who continues to show me the way.

Visit our new Yasodhara Yoga Teachers and Centres website.

Our New Yasodhara Yoga Teachers & Centres Website Goes Live

The Yasodhara Yoga Teachers & Centres - teachers who have been trained at Yasodhara Ashram and teach in their home communities - now have a beautiful new website.

Last year, we decided to change our name from Radha Centres to Yasodhara Yoga Teachers & Centres, affirming to ourselves that our teachers and teachings outside of the Ashram are an extension of the Ashram. The name, Yasodhara Yoga Teachers & Centres (YYTC), emphasizes our closeness to our spiritual home and reinforces the link in students’ minds.

The Friends of Radha Foundation has been working with a team to create a vibrant new look and comprehensive website for the YYTC. Our new site, yasodharayoga.org, is a sister site to the Yasodhara Ashram site, and complements the Yasodhara Teacher Network, which was launched as an interactive support system for Yasodhara Yoga teachers six months ago.

Here at the Ashram we celebrated the launch of the new site on Monday the 17th. It marks the continuing evolution of Swami
Radha's vision to have many centres of Light in the West.

Yasodharayoga.org unites our teachers and centres around the world, supporting them in their efforts to offer Yasodhara Yoga in their local communities.

Thank you to all who have worked together to produce our new face to the world: Amy Allcock, Clea McDougall, Swami Lalitananda, Michael Wou, Paul Cooper, Dan Seguin, and Andrej Galic.

We especially thank all the Yasodhara Yoga teachers for their dedication and service. Namaste!

Stay Connected - Yasodhara Ashram Teachers On Tour

Teachers from Yasodhara Ashram are offering special workshops in a place near you. The following is a list of upcoming Yasodhara Yoga Outreach workshops:

**Spokane, Washington**
March 22, 2014
Hidden Language Hatha Yoga Workshop
Swami Premananda

**Williams Lake, British Columbia**
March 28 - 29, 2014
Womenâ€™s Spirituality Conference
Swami Jyotihananda

**Spokane, Washington**
April 18 - 20, 2014
Body as a Temple
Rebecca Dale

**Cranbrook, British Columbia**
April 27, 2014
Stilling the Mind
Joanne Bellanger

**Calgary, Alberta**
May 10 - 11, 2014
Life Seals
Swami Matananda

**Nanaimo, British Columbia**
May 24 & 25, 2014
Yoga of Healing & The Divine Feminine
Swami Samayananda

**Vancouver, British Columbia**
May 18, 2014
Yoga of Healing
Swami Samayananda

Check back [here](#) for all confirmed details. Stay connected to the Ashram by letting the Ashram come to you!

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**Spiraling Up**
Rachelle Premack

Twenty-two year old Rachelle successfully applied for a Food Flow Internship and
has been at the Ashram since June 2013.

During a teacher's strike at the University of Brandon, I made an important decision to apply to Katimavik's "Eco-Citizenship and Active Living" program for young people. These six months in Ottawa set me in the direction of creating my life with courage and understanding, and committing to a sustainable lifestyle.

My next move was to Winnipeg, where I had a rich experience of intentional living involving food security and community. Becoming an Ashram Food Flow Intern brought together all of my ideals into an integrated lifestyle - food flow, yoga, environmental awareness, community.

Through this two-year period prior to arriving at the Ashram, I came to understand my desire to spiral up and how spiraling down actually takes more energy and creates loss. My first Divine Light Invocation felt very familiar. The openness of the Light reminded me that I can choose what I identify with. And when I toured the Ashram, I saw sparkles in the air - sparkles that came from the interactions, the communication and actions of those I met. I remember smiling so much on my first day that I was almost tempted to ask if all this was real.

I know have found the right place to experience what matters to me - a commitment to sustainability and the shared values of cultivating parts of myself to create a life of purpose. With gratitude...

Last year, Yasodhara Ashram awarded $67,000 in bursaries to Young Adults and those with limited incomes. Your donation supports individuals like Rachelle who are learning to lead and creating new pathways.

Please donate now.

Learn more about Internships.

A Bountiful Bonus - Matching Gifts
After a woman generously donated to the Yasodhara 108 Campaign last fall, we were touched to later receive a matching gift from the company where she works. Her employer states that their firm is committed to making a "positive difference in the communities where we work and live," and would match funds donated by employees to qualifying not-for-profit organizations.

We have discovered that while many companies offer this benefit, it is up to the employee to make the request. So the next time you offer a donation to the Ashram, take a moment to check with your organization's administration to see whether they have a Matching Gift program. You could double your giving!

Discovering new ways to give helps the Ashram create a sustainable future for next generations. And when an organization supports their employees' direction and gives back to the community, everyone benefits.

Thank you to all for your generous support over the years!

Make a [donation](#) today.

Climate Change and The West Kootenays
On Friday, March 7th, over 100 people gathered at Yasodhara Ashram for a presentation by conservation ecologist, Greg Utzig.

Greg presented root causes and implications of climate change, and then focused on the vulnerability to the changing climate of ecosystems in the West Kootenays. The group discussed solutions, including less dependence on fossil fuels, building ecosystem resilience and applying active adaptive management.

One attendee said, "It was a fantastically informative evening. I learned about the latest research in a way that was easy to understand. And I heard practical suggestions, specific to our area, that will help us respond to climate change."

Yasodhara Ashram is deeply committed to sustainable environmental practices, including reducing our carbon footprint. We want to ensure that the Ashram is resilient and we want to inspire others like us, who wish to leave the world better than we found it.

Learn more about "Climate Change and West Kootenay Ecosystems". Listen to Greg’s CBC Radio West interview.

Read the "Guide to East Shore Energy Sources" prepared by Eva Snyder, a Yoga Development Course graduate, recent Karma Yogi and Ashram friend. Learn about new technology, possibilities in our natural surroundings and renewable energy.

Interested in Experiencing Life in a Spiritual Community?
"Discover Yasodhara: Introduction to Spiritual Community" is a unique opportunity to experience yoga, work and community life at one of the most enduring spiritual communities in North America. And it's a great way to get to know Yasodhara Ashram from the inside.

Consider this one-week work and study program that offers a balanced focus on the practice of Karma Yoga (selfless service) and introductory classes in the practices of Yasodhara Yoga - including Mantra, Hatha, Dreams, Kundalini, Divine Light Invocation, Sacred Dance and reflection.

Learn more about "Discover Yasodhara: Introduction To Spiritual Community".

**NEWS AT A GLANCE**

**First Bhajan Blast of 2014** - On March 16 we enjoyed an uplifting evening of devotional songs, sacred dance and inspiring words - live-streamed from Mandala House. View the recorded broadcast [here](#). Please join us in July for our second Bhajan Blast of 2014 - from the beach!

**Swami Radha's Birthday** - On Thursday, March 20th, we will celebrate Swami Radha's birthday in the Temple and with a special dinner. How perfect that her birthday is on the Spring Equinox, which brings balance and the promise of increasing light!

**International Women's Day** - On Saturday, March 8th, a special satsang recognizing the Divine Feminine in each one of us was offered in the Temple by Swami Jyothihananda and Anna Di Pede. "By one woman stepping out of the stream and taking that courage to go against it, to live the truth, and to face things, we all have that opportunity," said Swami Radhananda at a satsang on International Women's Day in 1999.

**New Dieties Have Arrived!** The bookstore is now stocked with a wonderful new collection of
These are exceptional pieces with amazing detail and craftsmanship. Stop by on your next visit and have a look.

**PERSONAL PRACTICE GUIDE**

**"Renewing in the Light"**

**Reflection Questions**

The theme for March is "Renewing in the Light." As the days lengthen and we move toward the equinox - the point of balance - how can you find balance and renew yourself? Feel free to try out the ideas we have generated or find your own focus for renewing in the increasing light of spring!

1. How can we know something as subtle as Divine Light? Observe images of light throughout your day. Have a dialogue with the Light and write it out. Notice and reflect on how often you use the word "light," and connect it back to Divine Light.

2. Choose a Light meditation to carry you through the month or do one for each week. There are many options in *Kundalini Yoga for the West*. (Try *Filling your body with Light* p 116).

3. Explore the Cobra pose to find renewal. "The cobra has to continually shed its skin in order to grow. How can I shed my old skin? How will I renew myself?" (*Hidden Language Hatha Yoga*, p 149)

For more Teaching and Reflection ideas, [click here.](#)