



Yasodhara Ashram
YOGA RETREAT & STUDY CENTRE



Kootenay Lake



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|------------------------------|--|---------------------------------|
| 1 Mandala House | 9 Creek Cabin | 14 Many Mansions |
| 2 Krishna Creek | 10 Shakti Villa | 15 Site for the Temple of Light |
| 3 Siva Hall | 11 Beach Prayer Room & Divine Mother Prayer Room | 16 Garden & Orchard |
| 4 Radha House | 12 Tipi | 17 Krishna Kutir |
| 5 Saraswati Lodge | 13 Toolshed & Summer Kitchen | 18 Barn |
| 6 Kali's Café at the Trailer | | 19 Coop |
| 7 Parvati | | 20 Buddha Loka |
| 8 Ganesh | | 21 Storage Building |

Welcome to Yasodhara Ashram.

Founded in 1963 by Swami Sivananda Radha, Yasodhara Ashram is one of the longest running spiritual centres in North America. The Ashram is a vibrant community of Light that offers the teachings of yoga and supports the potential of transformation in each person.

Originally a farmstead of 85 acres, the Ashram has grown to 115 acres of sustainable buildings, organic gardens and orchards, forestland and waterfront—a unique setting for spiritual reflection and growth.

You are invited to explore the network of gardens, paths, beaches and sacred spaces that make up the Ashram. Please respect the privacy of our living spaces and enjoy, without disturbing, the natural flora and fauna.

Namaste.

1 MANDALA HOUSE

Main reception and bookstore, dining room, kitchen, classrooms, offices and resident accommodation. Completed in 1996, Mandala House is the central hub of the Ashram.

Look for:

- 👁️ the stained glass Kuan Yin (Bodhisattva of Compassion) over the front entrance created by a local artisan
- 👁️ solar panels on the west roof and a geothermal installation under the eastside lawn, which support our carbon neutral status by providing heat and air conditioning

🚻 *Washrooms:* through glass doors on the right in the Atrium

2 KRISHNA CREEK

Starts high on the property and runs through the Ashram grounds. You can follow the creek up Waterfall Road. We are currently monitoring its seasonal flow for potential micro hydroelectric usage.

3 SIVA HALL

Residences and Library. Siva Hall was built by the first Ashram residents and was our main office, reception and bookstore until 1996. Now the ground floor and the rooms above accommodate guests and residents. The lower floor facing the lake is our library.

Look for:

- 👁️ Internet connection in the library and books that can be signed out while you are here. Please remember to return them before you leave!

4 RADHA HOUSE

Guest and resident accommodation. Completed as family accommodation in 1972, Radha House has two ground floor apartments for guests, including families, with rooms for residents above.

5 SARASWATI LODGE

Guest accommodation. Saraswati Lodge provides rooms for up to twenty-eight people and includes a classroom and laundry facilities. Completed in 1976, the cedar lodge was retrofitted in 2007, when the exterior was wrapped in insulation and stuccoed to improve thermal performance.

🚻 *Washrooms:* from main entry go through doors on the left

6 KALI'S CAFÉ AT THE TRAILER

Café. This vintage mobile home has been at the Ashram since 1978 and now hosts Kali's Café—a drop-in spot for tea and informal gatherings, music and art projects. Also has public Internet connection.

🚻 *Washrooms*

7 PARVATI

Family and retreat accommodation. A self-contained cottage with three bedrooms, two bathrooms, kitchen, living room and dining room.

8 GANESH

Summer dorm accommodation. A former artist's studio, Ganesh has a spectacular view.

9 CREEK CABIN

Retreat accommodation. A small log cabin that was on the land when purchased in 1962, renovated in 2010.

10 SHAKTI VILLA

Digital communications and audio-visual center of the Ashram. Formerly known as Main House, this small building was built in the 1930s before the Ashram was founded. It served as living quarters and classroom for the first Ashram residents. Until 1996, it was the Ashram's kitchen and dining area.

Look for:

- 👁️ rare century-old heritage apple trees that surround the building

11 BEACH PRAYER ROOM & DIVINE MOTHER PRAYER ROOM

Meditation Rooms. The Beach Prayer Room, built in 1964, was the first building constructed by Ashram residents. Used for satsangs until the Temple opened in 1992, it is now a space for personal spiritual practice. The Divine Mother Prayer Room is a log cabin that was built in 1948. This simple room was Swami Radha's residence in the early 60s. In 2009 it was renovated and converted into a prayer room honouring the Divine Feminine.

12 TIPI

Acknowledging First Nations. A sacred space for rituals and ceremonies in the summer.

13 TOOL SHED & SUMMER KITCHEN

The Tool Shed was originally built as a root cellar. Above it, the Summer Kitchen serves as the centre where Karma Yogis freeze, bottle, pickle and preserve our orchard and garden produce.

14 MANY MANSIONS

Private accommodation. Built in 1969, this was Swami Radha's home for many years and now is home to our current Spiritual Director, Swami Radhananda, and several residents. It also houses a private library, recording studio and historical archives.

15 SITE FOR THE TEMPLE OF LIGHT

Sacred space. The Temple of Light symbolizes the Light in all religions and the divine spark in each person. Everyone is welcome here. The original Temple stood from 1992 until June 2014, when it was damaged by fire. Currently, the Transitional Temple stands on the original Temple platform. It was designed by local artisans and built by Ashram Karma Yogis. It is a beautiful temporary space used for satsangs and celebrations. The new Temple of Light is being designed and will be built in 2016.

Look for:

- 👁️ the Temple Prayer Room, which is down the steps to the side—available for personal spiritual practice

🚻 *Washrooms:* on the left of the entry area

GARDEN & ORCHARD

16 2.5 acres of organic gardens and orchards. The Ashram has had an active farm since the 1970s. We now serve 55,000 meals a year with 20% of our food coming from the garden.

Look for:

- 👁️ the mobile hoop house near the centre of the garden that provides fresh greens and vegetables year round the chickens
- 👁️ 'Raj,' the huge ponderosa pine on the edge of the garden
- 👁️ (Raj means 'king.')

17 KRISHNA KUTIR

Resident and dorm accommodations. Built in 1978 as a farmhouse and greenhouse, this building was converted to accommodations and dorms in 1997.

18 BARN

Guest and resident accommodation. Originally a barn and dairy, the Barn now offers rooms for up to twenty-two, and includes a classroom and laundry facilities. It was converted in 2006 and incorporates sustainable technology, including geothermal heat and cooling, solar light wells, low flush toilets and bamboo flooring.

Look for:

- 👁️ solar heating panels on the roof for hot water
- 👁️ a pathway up the hill that leads to the upper pasture where our cows used to graze

19 COOP

Guest accommodations. This three-bedroom residence, as its name suggests, was originally the chicken coop.

20 BUDDHA LOKA

Accommodations and workshop. Former site of our print shop and publishing offices, where we produced Ascent magazine and Timeless books until the late 1990s. The upstairs now provides rooms for Karma Yogis, and the workshop is used for carpentry and repair projects.



DINING ROOM

Breakfast 8:00am to 8:30am

Lunch 12:30pm to 1:00pm

Dinner 6:00pm to 6:30pm



BOOKSTORE

Open daily



SATSANG

Offered daily

Yasodhara Ashram

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