



Yasodhara Ashram
YOGA RETREAT & STUDY CENTRE



MEDIA BACKGROUNDER

ABOUT YASODHARA ASHRAM

- A yoga retreat and study centre founded in 1963 at Kootenay Bay, BC – one of the oldest ashrams in Canada.
- A women-led Canadian charity and active learning centre.
- Offering a wide range of programs and retreats year-round, helping people to evolve and lead fulfilling lives.
- A residential community where we practice living what we teach - See our [What is an Ashram video](#)
- The Ashram attracts people from around the world, of all generations and interests.
- An integral part of the East Shore community of Kootenay Lake, active on community boards, projects and services.
- We hire locally and support local farmers.
- Environmental action is an important part of our social responsibility, a practice of the yogic principle of ahimsa (non-injury). We aim to be a model community for sustainable living, making decisions that support a healthy future.

ABOUT THE TEMPLE OF LIGHT

- A symbol of peace, hope and unity – open to all.
- A cutting-edge architectural masterpiece designed by Patkau Architects of Vancouver.
- Grand Opening & Strawberry Social June 23, 2018, with ribbon cutting, tours, socializing.
- Constructed during 2016-2017 to replace the original Temple that burned in 2014. The first Temple arose from a vision of Swami Radha and was completed in 1992.
- Local contractors and suppliers helped build this Temple, including Spearhead, an innovative fabrication company synchronistically located across Kootenay Lake near Nelson.
- Tours of the Ashram and Temple are offered each Saturday from May to October at the Ashram. First community events were held in fall 2017 – a Celebration of Life, an Interfaith Climate Action Vigil and regular satsangs.

To find out more, arrange an interview or visit:
[Nicole Plouffe](#) / 250-227-9224

yasodhara.org