



Yasodhara Ashram

YOGA RETREAT & STUDY CENTRE



## Experience A Different Way Of Being

Come for a Retreat or Course in 2025

In a world with so many challenges, here we are about values like community, cooperation and caring for one another. We invite you to experience our women-led yoga lineage and to connect deeply with yourself to heal, grow and gain clarity on your next steps.

# JOIN US!

We are nestled in the mountains of beautiful British Columbia on glacier-fed Kootenay Lake.



yasodhara.org 1-800-661-8711 info@yasodhara.org

### 2025 Offerings

- 5-Day Guided Retreats
- Self-Guided Restorative Retreats.
- Yoga Journey: A 12-day Transformative Guided Experience.
- Two-Month Karma Yoga (Selfless Service) Program.

