



Yasodhara Ashram

YOGA RETREAT & STUDY CENTRE

About Us

The Ashram is a residential community where we practice living what we teach—values like relaxation, clarity, sustainability and compassion—learning to take yoga into all aspects of our lives.

View our yearly program of courses, retreats and online offerings on our website. Your stay can also be extended, based on your circumstances and desire to be part of our vibrant spiritual community.

Established in 1963

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Grow with Us





Karma Yoga & Online



Two-Month Karma Yoga Program

Learn about the spiritual practice of Karma Yoga (selfless service) and gain experience in several work areas through this no-fee program. Meals, accommodation, Hatha Yoga and weekly workshop are included.



Extended Stays

Those with significant Karma Yoga experience at the Ashram are invited to consider long-term residential stays. Hybrid stays that combine Karma Yoga with personal remote work are also possible.



Peace of Mind for Professionals

This 10-week online program offered specifically for professionals will help you bring more meaning, purpose and energy into your working life. No matter what job you have, this program can help you find greater peace and balance in all you do.



Online Retreats and Series

Our online offerings touch on a wide variety of themes and include spiritual practices, self-reflection questions and group discussion—leading to healing, empowerment and inspiration! Day retreats and multi-week series are available.

Retreats & Courses

Guided Retreats

Connect with nature, both inner and outer, through our enriching guided retreats. Offered every spring and summer, guided retreats vary in length and focus on diverse themes relevant to the human experience in today's world.



Restorative Retreats

Our self-guided Restorative Retreats allow you to shape your own experience. Disconnect from the busyness of everyday life and find relaxation and renewal in our spectacular natural setting.



Yoga Journey

This signature guided retreat provides a deep dive into authentic Yoga. It teaches key practices such as mantra and the Divine Light Invocation, and includes comprehensive self-development workshops.



Yoga Development Course

This enriching three-month program offers teachings in all Yasodhara Yoga practices. It is yoga in the deepest sense of the word—a life-changing experience to carry through your life.

