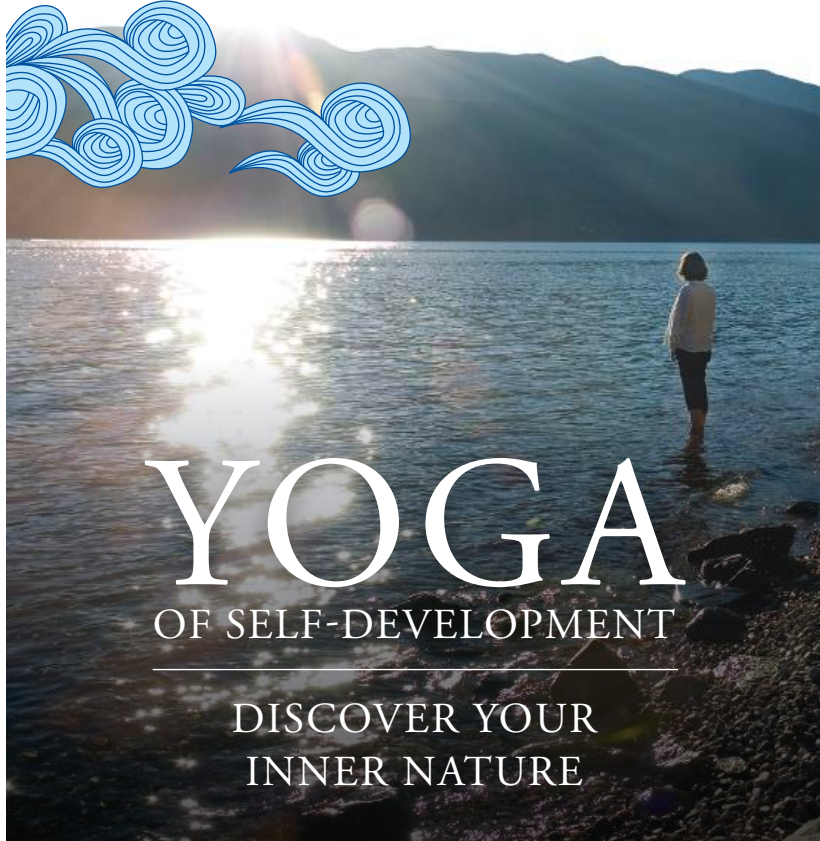
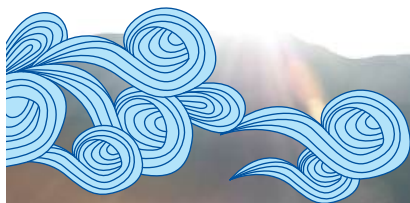




Yasodhara Ashram

YOGA RETREAT & STUDY CENTRE



YOGA

OF SELF-DEVELOPMENT

DISCOVER YOUR
INNER NATURE

Relax. Grow. Connect with community.

We are open to registered guests. Visit our website or contact us to book your retreat, course or Karma Yoga (selfless service) stay.

Much more than yoga poses, our offerings promote self-development, healing and connecting with a deep sense of purpose. What might you discover?



RETREAT

Reflect, Relax, Renew

Enjoy a quiet oasis, far from the busyness of daily life. Give yourself space in one of our Guided or Self-Guided Retreats. You will gain self-knowledge, confidence and a connection with your inner wisdom.

PRACTICE AUTHENTIC YOGA

Question, Explore, Learn

Journey into self-discovery in the Yoga Journey. Or dive into the 3-month Yoga Development Course. Our programs encourage physical, mental, emotional and spiritual awareness, supporting the potential in each person.

SERVE

Live, Learn, Give Back

Take two months and join our intergenerational community to practice no-fee Karma Yoga, the yoga of selfless service. Develop self-knowledge, gain practical life skills and learn to approach work as an offering. Extended stays are possible.

TOUR THE ASHRAM

On Saturday afternoons during warmer months we offer guided tours of the majestic Ashram grounds and Temple of Light. Visits last 90 minutes and include a stop at the Gift Store. No registration is required. See yasodhara.org for specific dates and times.



Minutes from Kootenay Bay Ferry & Crawford Bay. Turn left from Highway 3A onto Riondel Road. 3 kms to Walker's Landing Road.

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