



Yasodhara Ashram
YOGA RETREAT & STUDY CENTRE

2025

Annual Review

Carrying the Light Forward



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President's Message

I'm always impressed when I read over the Annual Review. So many strands woven into the fabric of the Ashram. And even more that may not be openly acknowledged here but are essential to the whole.

I think of the Welcome Centre, where each new guest or karma yogi is warmly received and introduced to Ashram life. I think of the rooms, so clean and sparkling, tended with precision, care and love. These gestures create the atmosphere that allows people to arrive, settle and begin their journey here.

It is that love, that subtle current, that binds the Ashram and many activities together. It is present in the welcoming of guests, in the care of buildings and grounds, in the preparation of meals, in the coordination of daily work, and in the countless acts of selfless service that happen quietly behind the scenes.

It is wonderful to see how the next generations are leading and managing so many areas, while the Elders mentor, encourage and gradually step back where they can—still inspired to teach, support and offer their wisdom. Are they slowing down? Maybe a little.

But they remain strong while creating space for newness, trusting younger stewards to carry the work forward collaboratively.

Deep appreciation, too, for the Karma Yoga Coordinator and all the area leaders who somehow weave together the many needs of Ashram life. Each week requires balancing different ages, capacities, skills and experiences while responding to the unexpected demands that inevitably arise. Garden harvests, room turnovers, tours, special projects and the occasional unforeseen challenge all find their place. There is an art to making it work.

The same spirit is evident in the gardens, where spiritual practice is woven into the rhythm of planting, tending, harvesting and sharing the abundance of the land. It continues in the kitchen, where meals are prepared with care and creativity to nourish a diverse community. Out of that tradition comes a long-awaited project: an Ashram cookbook, planned for publication in 2027. Requested for decades, it has finally found the right people and the right time to come into being.



All this is supported by the Co-Stewardship initiative and by many dedicated individuals who are deeply committed to the Ashram's future. I am grateful for these steady ones, and for all who step forward to help where and when they can.

And what about the Board? Behind the scenes, they gather for retreats and conversations that look far into the future. They return to four essential elements: the spiritual lineage, teaching, leadership and place dwelling. Their question is both practical and profound: how can these strands remain woven into a whole when the current core cohort can no longer hold them together? It is a beautiful koan that continues to intrigue us all.

Special acknowledgement, too, to our donors whose financial contributions help this unique and precious lineage continue to flourish. Your generosity and loyal commitment are deeply appreciated. Thank you.

And gratitude to all seekers who find the Ashram "by Divine appointment," as Swami Radha would say—you are why we teach and offer.

Beyond these visible activities is the power of Divine Light and Divine Mother—the true sustainer of this community. There is also the strength of those who came before us, whose vision, courage and dedication made this place possible.

Swami Radha received the seed, planted it and nurtured it into life. Swami Radhananda expanded the boundaries and invited collaboration. And there are so many others whose devotion, perseverance and faith helped shape the Ashram we know today. We remember them with tenderness and gratitude.

And now there is us: weaving, seeding, tending.

Thank you, thank you to all. And to those who know who you are and what you give. I'm running out of space, but not gratitude.

Swami Lalitananda

SWAMI LALITANANDA



About Our Spiritual Community





SWAMI RADHA



SWAMI RADHANANDA



SWAMI LALITANANDA

We are honoured to live and practice on the ancestral and unceded territory of the Sinixt (Lakes) and the Ktunaxa (Kutenai) people, whose Oral Histories have connected them to this land since time immemorial.

At its heart, the Ashram continues to be a living community centered in spiritual practice, service and the enduring teachings of Swami Sivananda Radha. Throughout the year, residents, program participants and karma yogis gathered around a shared intention: to live with greater awareness, integrity and compassion.

At the same time, the Ashram is actively evolving to meet the needs of the present and future. Guided by Swami Lalitananda and supported by the emerging co-stewardship process, younger generations are stepping more fully into leadership and responsibility while remaining authentic to the lineage and teachings that define the Ashram.

This transition is not a departure from the past, but a continuation of the vision that has sustained the community through each generation of leadership. What emerged this year was a deep sense of trust, gratitude and shared commitment to carrying the teachings forward in ways that are responsive for the times we are living in now.

See our [Women-Led Lineage Video](#)

SPIRITUAL LINEAGE

In the Yasodhara spiritual lineage, Swami Radha remains a powerful source of inspiration, forging a path for generations of women leaders. Her deep generosity and insight continue to shape the Ashram's life through her writings, teachings and the enduring example of her courageous journey.

Swami Radhananda carried this lineage forward from 1993 to 2014 with grace and clarity of vision, offering practical teachings while guiding the Ashram community through a period of meaningful growth and expansion.

Today, under the guidance of Swami Lalitananda, the Ashram continues to honour this sacred legacy while evolving to meet the needs of our time. As Spiritual Director, she nurtures the living vitality of the tradition, supporting both continuity and renewal - this year, initiating one dedicated teacher - deeply committed to Swami Radha's teachings and to carrying them forward.

Alongside our spiritual work, we also serve as stewards of [Timeless Books](#). These publishing activities support the preservation and dissemination of Swami Radha's spiritual teachings. In 2025, a revitalization of Timeless Books was underway, including the reprint of *Realities of the Dreaming Mind* by Swami Sivananda Radha and the exploration of website improvements to strengthen online sales and accessibility. Work also began on a new Ashram cookbook! A reflection of six decades of community life, spiritual practice, mindful living and nourishment rooted in the land.

Exploration in hybrid publishing opportunities for future titles and projects became a new reality with the book:

Echoes from an Inner Shore: the scientist & the yogini
by Thomas A Weaver (Prakasha) being published in 2026.

BOARD OF DIRECTORS

Our Board of Directors continues to provide invaluable leadership, guidance and support, ensuring the Ashram's vision and mission thrive in alignment with its core values.

Directors: Swami Lalitananda - President; Swami Samayananda - Vice-President; Gordon Matchett - Treasurer; Paris Marshall-Smith - Secretary
Directors: Alicia Pace; Rebecca Dale; Swami Matananada



Caring for What Sustains Us

CONSERVATION, MITIGATION & GENERATION

Yasodhara Ashram's infrastructure work in 2025 focused on strengthening essential systems, improving climate resilience and caring for the buildings, land and resources that support daily Ashram life. These projects support the safe operation of the Ashram as a place of spiritual practice, retreat, worship, study and service. From water and wastewater upgrades to fire preparedness, repair and maintenance projects and energy efficiency initiatives, this year's efforts reflected a continued commitment to

safety & sustainability.



Highlights

Our Repair & Maintenance team continued to strengthen and care for the Ashram's buildings, systems and infrastructure through a range of important projects:

- Welcomed Francesca into a leadership role within Infrastructure and Don Horvath as Maintenance Manager
- Continued investigation into subsidence affecting Mandala House floors
- Upgraded drainage systems around Mandala House to reduce water impact
- Researched and installed refrigeration for the root cellar
- Repaired Temple doors
- Replaced the Guest Lodge roof
- Continued building upgrades and energy-saving improvements, including windows and heat pump installations

Water & Waste Water

This year focused on improving long-term reliability, sustainability and resilience of the Ashram's water systems:

- Connected the Temple well pump to support garden irrigation
- Redesigned and installed an upgraded garden irrigation system
- Upgraded the pump house with a new water treatment system
- Repaired water main breaks across the property
- Consulted with Highland Consulting engineers to assess septic field rebuilding and future water system upgrades planned for 2026



Fire Safety & Incident Response

The Ashram continued to prioritize fire preparedness, environmental stewardship and climate adaptation through the Conservation, Mitigation & Generation (CMG) initiative:

- Renewed FireSmart Canada Community Recognition status
- Completed FireSmart mitigation work around the Beach Prayer Room, south bank, Many Mansions and Main House
- Continued forest fuel reduction work in collaboration with the Lands Group
- Conducted full-community evacuation drills to strengthen emergency readiness
- Added air filters to HRV systems in Mandala House, the Temple and the Barn to help mitigate smoke and airborne illnesses
- Improved cooling in the Temple with a portable air conditioning system
- Continued exploring future-focused energy solutions including solar, photovoltaic, geothermal, generators and air source heat pumps
- Advanced recycling, conservation and climate adaptation efforts across the Ashram property





FOOD FLOW

In Food Flow 2025 was a season of refinement, continuity and - thanks to Divine Mother - a year of great abundance. Highlighted was how nourishment is cultivated through collaboration, communication, spiritual practice and daily service.

refinement and continuity

Alongside practices such as Sacred Dance, Hatha Yoga and the Divine Light Invocation with karma yogis, the team celebrated meaningful garden successes including seed saving, flourishing raspberry fields, expanded irrigation systems with two lines per bed and no chlorine, and abundant harvests of kale, lettuce, beets, beans, tomatoes, cucumbers, flowers and salad greens.

There was measurable impact of these efforts through harvest and kitchen statistics. These figures reflect internal contribution to community nourishment, not commercial sales.

FOOD FLOW HIGHLIGHTS



57,000
MEALS PREPARED



1312 lbs
TOMATOES

Valued at
\$6561



1058 lbs
KALE

Valued at
\$6350



620 lbs
CHERRIES

Valued at
\$4333



\$4022
SALAD GREENS

in value
contributed



25%
OF TOTAL FOOD VALUE
NOW COMES FROM THE GARDEN



58%
OF FOOD PURCHASES
SUPPORT CANADIAN PRODUCTS



Together, these accomplishments reflect three seasons of unwavering commitment and stewardship.





Deepening the Light



"Swami Radha started this
Ashram with only her intense
devotion & courage.

Now the Ashram is in the hearts
of so many dedicated people.
New growth is emerging, and I
trust it will continue to grow
and to blossom. Spiritual refuge
and renewal of hope are so
much needed in today's world.

- Swami Lalitananda

In 2025, Yasodhara Ashram continued to strengthen its role as a place of refuge and spiritual inquiry. As more people sought meaningful connection and inner clarity, the Ashram welcomed both returning students and many first-time participants into the teachings.

Throughout 2025, Yasodhara Ashram used its resources to support public access to spiritual practice, worship, study, retreat, service, teacher training and the preservation and sharing of Swami Sivananda Radha's teachings.

The year reflected a deepening of pathways into the teachings – not only through formal programs, but through relationships, mentorship and the steady continuity of Karma Yoga. We also expanded our outreach efforts nationally and internationally, reconnecting with communities across Canada, the United States and Europe, while continuing to welcome new seekers into the Light.



In 2025, the Yoga Development Course welcomed 16 participants, continuing its role as the foundation of spiritual immersion at the Ashram. Increasingly, participants are arriving with deeper preparation and intention, planning their time well in advance and entering the course with clarity about their commitment to practice and self-study. Several former karma yogis also chose to deepen their journey through the YDC, reflecting the growing continuity between service and spiritual development within Ashram life.

Our 5 Day Guided Retreats welcomed 108 participants across 9 retreats throughout the year. While attendance was slightly lower than the previous year, the addition of more retreat dates created greater accessibility and flexibility for guests within the Ashram environment.

Restorative Retreats grew significantly thanks to opening them up earlier at the beginning of the year. We welcomed 61 guests in 2025 compared to 47 the previous year. The increasing interest in self-guided retreat time reflects a continuing need for silence and personal restoration in a fast-paced and overstimulated world.

↑
30%
increase of participants
for Restorative Retreats

Our Yoga Journey program welcomed 18 participants in 2025, offering individuals the opportunity for extended spiritual immersion and deeper integration into Ashram life and practice.

Teacher Certification and Recertification programs experienced strong growth - particularly in Hatha and Hidden Language Hatha - with 25 participants total in 2025 compared to 17 in 2024. Through trainings in Hatha Yoga and Hidden Language Hatha Yoga, Kundalini and Dreams, participants continued to deepen their understanding of the teachings while preparing to share the practices with others.

Outreach and Reconnection

In 2025, outreach efforts expanded significantly as the Ashram renewed connections across eastern, western and southern regions. Spring workshops were offered by Swamis in Vancouver and Cranbrook, followed in the fall by gatherings in Calgary, Spokane, Kelowna, Ottawa/Chelsea, Prince Edward Island and a second Cranbrook visit. These in-person offerings continue to strengthen community connections while introducing new participants to the teachings in their own regions.

European outreach led by Swami Sukhananda also continued to flourish, with workshops, courses and satsangs offered across Denmark, England, Germany, Portugal and Hungary.

Altogether, European outreach reached approximately 600 participants, including 225 people who were introduced to the teachings for the first time. Particularly notable was the continued growth of satsang participation in Germany, where an estimated 400 participants gathered throughout the year.



A close-up photograph of a young woman with a joyful expression, wearing a light blue patterned headscarf and a green apron over a blue tank top. She is holding a long-handled metal spoon, stirring a large pot. The background shows a rustic kitchen with wooden walls, hanging strainers, and other cooking equipment. The lighting is warm and natural, highlighting her face and the textures of the kitchen.

KARMA YOGA & THE CONTINUITY OF SERVICE

The Two Month Karma Yoga Program welcomed 36 participants in 2025, an increase from 32 the previous year. The program continues to evolve thoughtfully, with a strong focus on ensuring participants are well-supported and able to benefit fully from the structured program that integrates service, community living and spiritual practice.

A growing number of karma yogis are continuing into longer-term involvement with the Ashram and its teachings, reflecting a deepening continuity of engagement. In 2025, 7 participants extended their stays beyond the initial program, including two who moved into Pathways roles and 2 who transitioned into Hybrid stays. In addition, 3 participants went on to take Yoga Journey (YJ), and 4 alumni from previous Two-Month programs entered the Yoga Development Course (YDC) in 2025. Looking ahead, 4 participants from this year are preparing to take the YDC in 2026.

Former two-monthers are also returning in expanded capacities within Ashram life, taking on meaningful areas of responsibility such as garden leadership and teacher training support. Together, these patterns reflect the lasting impact of Karma Yoga as both an entry point and a continuing pathway into deeper practice, service and community life.

ONLINE OFFERINGS & LEARNING

Online offerings remained an important gateway into the teachings, welcoming 251 participants across 43 online events in 2025. While total registrations were slightly lower than the previous year, overall net revenue increased to CA\$38,943, reflecting both strong engagement and the continued value participants place on accessible online learning.

The Peace of Mind for Professionals course brought together 9 participants through spring and fall sessions, continuing to offer practical spiritual tools for integrating balance and self-awareness into professional life. Our online taster sessions welcomed 48 participants, while free information sessions for all of our diverse programs attracted 449 sign-ups – an increase from 415 in 2024 – continuing to serve as an important introduction to the Yasodhara Yoga teachings.



YEAR IN REVIEW: CELEBRATING PROGRESS AND INSPIRATION

Blog and Podcast

In 2025, senior teachers contributed a rich collection of blogs, offering reflection and lived experience drawn from decades of spiritual practice and devotion to the teachings.

We also introduced a new podcast series, Ask a Swami, hosted by Katie Taher, inviting questions from our wider community and offering thoughtful reflections from our Swamis on spiritual life, practice and self-inquiry. Through sharing their experiences, the podcast created another pathway for people to explore the teachings more deeply through the questions that arise in everyday life.

Listen to our new podcast:

[What is Lineage? What is Ananda?](#)

Co-Stewardship: Building Bridges Across Generations To Sustain the Ashram

The Co-Stewardship initiative continued to deepen intergenerational connection and shared leadership within the Ashram community. A Co-Stewardship Steering Committee was formed, bringing together elders and younger generations spanning four decades, alongside board representation and a dedicated facilitation and technology team. Through a combination of in-person and online gatherings, participants explored new ways of collaborating and building continuity for the future of the teachings.

The year emphasized relationship-building and collective visioning. Gatherings connected elders and younger community members in meaningful dialogue, creating space for mentorship, shared experience and mutual learning.

A special Thanks & Giving Gathering, supported by a six-member planning team, brought together 38 younger participants, two elders and 13 elders for three days devoted to deepening relationships with one another and with the evolving work of co-stewardship. The gathering strengthened the foundation for collaborative leadership and the long-term sustainability of the Ashram community.

This Year in Finances

2025

	Monday Dec 1	Tuesday Dec 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6	Sunday 7
ARRIVALS:	Maria Jan 1st	3~	3~	3~	3~	3~	3~
DEPARTURES:	John & Gari Edkins	Louise	Meera TM	3~	3~	3~	3~
APPOINTMENTS:	3~	3~	3~	3~	3~	3~	3~
WAIT							

MISC:



2025 was a positive financial year with an operating surplus of \$50,000, being our fifth consecutive year with an operating surplus. Efforts toward this positive result are much appreciated, given we had budgeted for a deficit of \$35,000. Operating surplus will support necessary capital and infrastructure projects that sustain the Ashram's charitable purposes

On the income side of the ledger, program income (including on-site, online and Karma Yoga) was \$694,000, a slight reduction from \$730,000 in 2024.

Our donations income of \$388,000 reflected the ongoing generosity of our community. Our fundraising messages focused on the significant infrastructure work required at the Ashram, including the new pumphouse and preparations for next year's waterline and septic field projects. Donors continue to support the opportunity for young adults to come to study and to offer Karma Yoga.

Investment income of \$106,000 was a reduction from the previous year's \$221,000, due to the move of funds from investments toward the purchase of a condominium in Nelson to serve the needs of our elder population and strengthen bonds with regional devotees through satsang offerings.

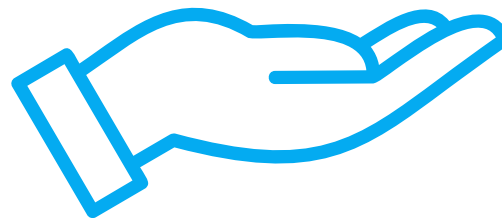
On the expense side of the ledger, we had a \$71,000 increase - primarily in Human Resources, given the need for more employees to meet the needs of our guests, facilities and residents.

Continuation of depreciating long-term assets resulted in an overall deficit of \$142,000 for the year. This does not represent an actual cash loss and is simply an accounting procedure. During 2025, profits from previous years were used toward such capital projects as the pumphouse upgrade, including a new water treatment system, upgrades to support the garden irrigation system, engineering assessments to support the septic field and next year's water system upgrades, and the start of septic field work.

We collected \$10,500 for the Ashram's Indigenous Reconciliation Fund from guests, karma yogis and residents, which the Ashram donated to three Indigenous charities in gratitude for being on this unceded land and with the intention to help balance past injustices.

2025 Financial Statements - [Statement of Financial Position](#); [Statement of Operations](#) & [Notes to Financials](#)

\$388,000
Donations



GROUNDING THE LIGHT

In 2025, we began investing in deep infrastructure projects. Underground, hidden but essential, the water and wastewater replacement project was launched. Unlike villages, towns or cities, the Ashram itself is entirely responsible for upgrading these major systems, which are costly but necessary for community living. In 2026 the work will continue. →

- Swami Lalitananda



Symbolically, the project is about grounding, taking care of the basics, building a foundation so next generations can enter in with ease. Simultaneously in 2025, we entered into the Ashram's infrastructure on another level – reviewing its foundational purposes and how we live them.

We asked questions: What is an Ashram? What is the essential purpose of this lineage? What must remain constant and what must evolve with changing times?

What we concluded is that Yasodhara Ashram is an ashram – a spiritual centre that exists to preserve, practice and share the teachings of Swami Radha's lineage, rooted in the wisdom of Gurudev Sivananda and the Saraswati tradition.

As we Elders gradually step back from some responsibilities, we are inviting dedicated younger stewards to come in through the Co-Stewardship initiative.

Even as we delve deeply, questioning and envisioning possibilities, we are also doing what we teach: trusting the Light.

We do not know exactly what will unfold. What we do know is that the teachings remain alive, the need for them remains strong and dedicated people continue to step forward in service.

2025 was a time of renewal and grounding in the foundations that have sustained this centre of Light for more than sixty years.

Thank you to those who generously support this work, all giving tirelessly. Deep gratitude to our donors, karma yogis, residents, staff and Board. Abundant blessings to you!

I recently found this inspiring quote from Swami Radha, which speaks to her vision and reminds us of our potential. She says,

"The Ashram is a special place that exists to help people find Liberation in this lifetime."

Let's be sure we keep going!

In Light and Divine friendship
SWAMI LALITANANDA





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SINCE 1963

We are a Canadian charity
and active learning centre.