

Yasodhara Ashram

Newsletter



Radha Centres and Events

YASODHARA ASHRAM

Hidden Language

Wed 6 - 7:30pm

Dream Yoga

7:45 - 9:15pm

EDMONTON

Gentle Hatha

Sat 9:30-11am

Satsang

Sun 7-8pm

CALGARY

Book Club

Feb 18, Mar 4

Swami

Radhananda's

Visit

Mar 10-13

PETERBOROUGH, ON

Hatha

Tue 7:30-9:0pm, Fri

9:30-11:00am

Dreams

Wed 9:30-11am

Satsang

Wed 8-9pm

TORONTO

Hatha Yoga

Wed 7-8pm, Thu 8-

9am, Thu 5:30-

6:45pm

Satsang

Sun 7:30-8:30pm

OTTAWA

Workshop:

Wisdom of the

Heart

Feb 27 1-3pm

Kundalini Yoga

Mon 7-9pm

MONTREAL

Kundalini Yoga

Thu 6:30-8:00pm

VANCOUVER

Hatha & Hidden

Language

Mon-Sun

Satsang

Sun

Cooking Classes

Feb 20, 27, Mar
13,20



Photo by Gem Salsberg <http://cargocollective.com/gemsalsberg>

Swami Radhananda's Book Tour

Swami Radhananda spent time in Vancouver in January and in Spokane this month speaking about her new book *Carried by a Promise*. She's given workshops at Radha Centres, readings at bookstores and lectures in universities. It's given her a chance to share the teachings to a large audience. Swami Radhananda will be in Calgary in March and Toronto, Ottawa and Montreal in April. To see the latest on her tour, visit www.radhananda.org.

Urban Retreats
Mar 5, 19

[VICTORIA](#)
**The Yoga of
Reflection &
Intuition**
Wed 7-9pm
Satsang
Sun 7:30pm

[SUNNYVALE, CA](#)
Hatha

Tue 6-7pm
Hidden Language
Thu 9:30-10:30am
Kundalini
Sat 10am-12pm

[LONDON, UK](#)
Satsang

Sun 7:30-8:30pm
Hidden Language
Feb 20 10-Noon

[CAUDET, FRANCE](#)

**Residential
Retreats
and Karma Yoga**
Year Round
Hidden Language
Hatha
Mon and Wed (am
and pm)
Kundalini
Thu
Satsang
Sun



Operations Manager
by Swami Sivananda

The Ashram has created a new position, Operations Manager, with the mandate of ensuring the efficient and effective operations of the Ashram. Almost instantly Gordon Matchett, a wonderfully trained karma yogi, has stepped forward to fill the role.

Gordon has been an active member of the Ashram community since completing the YDC in 2010. He comes to us by way of Radha Yoga & Eatery, where he was a student and karma yogi, and one of Swami Radhananda's workshops in London, England. With his MBA training and his hands-on experience in banking and managing large NGO's, he has helped us better plan and organize our work. One example is in the way he organized Swami Radhananda's book release and tour. "My personal transformation using Swami Radha's teachings combined with my professional skills," says Gordon "give me a new foundation from which to help and give back." We are, of course, delighted. OM SIVA!

2011 Yoga Development Course

February 14th marked the fifth week of 30 people's 12-week journey inward. Over the past few weeks, the group has been immersed in the Kundalini System – learning how an ancient set of teachings is very relevant in today's modern world. The interesting thing about the YDC is the ripple effect – the rest of the Ashram residents and karma yogis feel the benefit of the intense personal work the YDCers are doing.



Yasodhara Heights Construction is Complete

Cabin 3 is now complete, and people are moving in this weekend. To celebrate, Marlene Roza shows Lightwaves around Cabin 2 - her Om Away from Home (watch the [video here](#)). All that's left to do is landscaping this spring – Karma Yoga anyone?

New Courses for Summer 2011: Kundalini and Sustainability

Have you had a chance to look at the 2011 Course Calendar yet? If so, did you notice all the new offerings? One of the new courses is called Kundalini and Sustainability:

Learn sustainable garden techniques. Learn sustainable living techniques. You will work hands-on in the ashram's organic gardens, applying your reflections on the Kundalini cakras in a tangible way, using the metaphor of the garden to engage in your own process.

- Earth & Water: June 3-5
- Fire & Air: July 15-17
- Ether & Subtle: Sept 16-18



Photo of the month

The moon above the mountains on Kootenay Lake

Photo taken by Sandra Hindson

[How to make this your desktop wallpaper](#)

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