

# Yasodhara Ashram

Newsletter



## RADHA CENTRES & EVENTS

### YASODHARA ASHRAM

#### Wednesdays

Community Hidden  
Language 6 - 7:30pm  
Dream Yoga  
7:45 - 9:15pm

### VANCOUVER

Jan 26, 27, 29 & 30  
Swami Radhananda's  
Book Launch Events

Feb 5, 11:30-1

The Kundalini  
System: Access Inner  
Wisdom

Feb 12, 11:30-1

Healing through  
Yoga

### VICTORIA

Jan 26 - Mar 2, 7-  
9pm

The Yoga of  
Reflection & Intuition.

Sundays 7:30pm  
Satsang

### CALGARY

Fri Jan 21-Mar 11  
Book Club: *Carried by  
a Promise.*

Feb 16, 7-9pm

Kundalini Yoga and  
Reflective Practices

Sundays 7-8pm  
Satsang

### EDMONTON

Sundays 7 pm  
Satsang

### LETHBRIDGE

Sundays 7:30 pm  
Satsang

### MONTREAL

Sun Jan 30 12pm  
Satsang  
Mon, Tue, Wed 12pm  
Mantra Chanting.



Just on the cusp of 2011, Swami Radhananda's new book, *Carried by a Promise*, was delivered to the Ashram. Her love and devotion to her Guru is a very fitting welcome to Swami Radha's centenary year. After a wonderful Yoga of Light retreat, 31 people arrived to begin this year's Yoga Development Course. The YDCers have been immersed deeply into symbolism, mantras, karma yoga and devotional practices.



## Yoga Development Course

The Ashram's 3-month intensive Yoga Development Course began on Saturday January 8th, 2011. Thirty-one people, aged 20's through 60's, have embarked on this journey - from Canada, USA and the UK. Some interesting stats: 2 taking the course for a second time; 7 men; and 11 former participants from the Ashram's Young Adult Program.

**OTTAWA****Tuesdays**

Hatha for kids 5:30

Hatha for youth 6:30

**Fridays**

Charity hatha 6:30

**January 30 7pm**

special satsang

**TORONTO****Sundays 7:30pm**

Satsang

609 Indian Rd.

**Thursdays 5:30pm**

Hatha Yoga

St. Andrew's Centre,

75 Simcoe Street

**PETERBOROUGH,  
ON****Wed 8pm** - Satsang**Tue 5:30pm** - Hatha**Fri 9:30am** - Hatha**Wed 10am** - Dreams**SPOKANE, WA****Feb 9, 10, & 12**[Swami Radhananda's](#)[Book Events](#)**Sundays 9 am**

Satsang

**SUNNYVALE, CA****Tue 6pm** Hatha**Thu 9:30am**

Hidden Language

Hatha

**Sat Jan 29 & Feb 19**

Kundalini Yoga

**LONDON, UK****Tue 6:30pm**

Hidden Language

Hatha

**Sundays 7pm**

Satsang

**CHATHAM, KENT****Feb 5, 10-4**

Divine Mother

Workshop

**Mar 19, 10-1**

Hidden Language

Hatha

**May 8, 10-4**

Kundalini Yoga

**FROM THE  
BLOGOSPHERE**[lightwaves.cc](http://lightwaves.cc)[The heart of the  
matter](#)[The YDC Begins.](#)

Watch lightwaves for an upcoming article about this year's YDC.

**Carried by a Promise**

Swami Radhananda is now in Vancouver getting ready to start her book tour. [Vancouver events](#), which include readings and a full day workshop at [Radha Yoga and Eatery](#), will be on January 26th, 27th, 29th and 30th. See [radhananda.org](http://radhananda.org) for full details. Invite your Lower Mainland friends to attend! Be sure to watch footage of Swami Radhananda's most recent reading at the Ashram on her blog.

If you don't have your copy of [Carried by a Promise](#) yet, call the bookstore at 1.800.661.8711 and order one today!

Listen to Swami Radhananda's [Drishti Point](#) radio interview about the book [here](#).

**2011: Swami Radha's  
Centenary**

Consider celebrating the 100th anniversary of Swami Radha's birth with a pilgrimage to the Ashram. The summer schedule is full of ways to participate in her teachings: courses, celebrations and karma yoga. Check the [website](#) for new offerings for this summer, and stay tuned for more details on celebration plans.

**Bookstore Changes**

Change is in the air, including quite a metamorphosis in the bookstore. Joanne Belanger, Cranbook Radha Yoga Centre Director, has come to the ashram to help us with the process, using her expertise as an independent bookstore owner. **Keep watching for an upcoming Lightwaves video article about the bookstore.**

**Photo of the Month**

[Lightwaves changes](#)  
[Swami Radhananda  
stepping onto the path](#)

[radhananda.org](#)

[Bloggers talk ...](#)

[First reading from the  
book](#)

This sweetly benevolent face is that of the Tara gifted to Swami Radha by Tibetans nuns in Dharamsala.



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

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