



Yasodhara Ashram  
YOGA RETREAT & STUDY CENTRE

## TEACHERS *on* TOUR

Experience the Teachings of Canada's Yasodhara Ashram in Europe



### ABOUT YASODHARA ASHRAM

Yasodhara Ashram in British Columbia, Canada, offers a wide range of programs year-round. We are a residential community where we practice living what we teach – values like relaxation, clarity, sustainability, self-nurture and compassion – learning to take Yoga into all aspects of our lives. Our new Temple of Light is a symbol of peace, hope and unity – open to all.

Swami Sivananda Radha, the founder of Yasodhara Ashram, was a pioneer in the development of Yoga in the West. Her classic books, including Kundalini Yoga for the West and Hatha Yoga: The Hidden Language, demonstrate her unique ability to make the depth of the East's ancient traditions accessible in daily life.

### WORKSHOPS, TALKS AND RETREATS

Workshops can range from 2-6 hours to a few days. They can have a specific focus, such as Cultivating Compassion, Yoga and Nature or Balance in Life, and are all based on yogic practices such as breath, relaxation, asanas, visualization, mantra, written reflection or drawing.

See [yasodhara.org/about-yasodhara/yasodhara-yoga/](http://yasodhara.org/about-yasodhara/yasodhara-yoga/) for a description of our practices, including Hidden Language Hatha Yoga, the Divine Light Invocation, Mantra Yoga, Kundalini Yoga and Dream Yoga.

Titles and descriptions can be developed to suit your group's needs and interests.

### ABOUT SWAMI SUKHANANDA SARASWATI



Initiated at Yasodhara Ashram and a long-time devotee of Swami Radha, Swami Sukhananda is a senior teacher and resident of the Ashram. After running successful Yasodhara Yoga Centres in England, she now tours Europe annually offering workshops and retreats. Formerly an adviser on sustainability and environmental issues, Swami Sukhananda's articles about Swami Radha's work have appeared in British and North American yoga magazines. Her in-depth experience and light approach support people in accessing their own inner wisdom.

Swami Sukhananda welcomes inquiries and opportunities to tailor workshops for your groups and occasions.

# AN EXAMPLE

## **A Friday, Saturday and Sunday weekend:**

### INTRODUCTION TO YASODHARA ASHRAM & LIGHT

#### **Friday evening, 1.5-hour presentation/discussion**

An engaging introduction to Canada's oldest yoga ashram and the new Temple of Light. Learn the Divine Light Invocation, a standing meditation that combines the body, breath and mind in a positive practice that can change your life.

### STILL THE MIND THROUGH MOVEMENT:

#### HIDDEN LANGUAGE HATHA YOGA

#### **Saturday morning 2.5-hour workshop**

Take your asana practice to a different level, beyond a series of physical exercises. In this gentle and meditative approach, the personal messages from each asana are revealed.

### DREAMS

#### **Saturday afternoon 3-hour workshop**

Dreams are personal creations. As you study them, you learn the language of your unconscious. By finding answers within, you gain self-confidence.

### KUNDALINI YOGA: ENERGY, CHOICE & AWARENESS

#### **Sunday full-day workshop**

The powers of the mind are awesome. Tap into the wisdom of this ancient system and make it relevant in your daily life. Investigate by asking important questions, studying the symbolism of the chakras, practising reflection, meditation, mantra and more.

#### **Or consider a week-end retreat focused on a single theme, for example:**

### TRANSITIONS

Experience how yoga can support you in times of ending and beginning, change and transition. Explore what choices you want to make now.

## PRICING

Details are worked out on an individual basis. We aim to recoup Swami Sukhananda's travel and accommodation costs. Additional funds and donations support our charities' Europe and Yasodhara Ashram initiatives.

## TO INQUIRE

Contact Swami Sukhananda at 07806 791 893 or [sukhananda@yasodhara.org](mailto:sukhananda@yasodhara.org)

For more about Swami Sukhananda's tour schedule: [yasodharayoga.org/europe/workshops/](http://yasodharayoga.org/europe/workshops/)



## SATSANG

Meaning "in the company of the wise," this gathering includes yoga mantra chanting and meditation, and the inspiration of a short talk. Everyone is welcome.