



Yasodhara Ashram
YOGA RETREAT & STUDY CENTRE

2022

Annual Review

Finding Our New Rhythm

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President's Message

Looking back at 2022, I feel a warm glow observing how the Ashram grew in such an organic way. For the first summer since before the pandemic, we welcomed guests not only into self-led stays but into teaching programs through our new Guided Retreats. Friends arrived—new and old—thirsting for community, compassion and meaning, and the retreats seemed to give everyone what they needed.

With longer guest stays, the rhythm of the Ashram has become more subtle and sustainable. Residents offer more personal attention to all who enter, and guests have time to get to know each other in a genuine way. For Ashram residents, many of us in our senior years, the pace is more manageable.

Karma yogis this year were a particular delight, as they included young people who started in the summer/fall of 2021, participated in the three-month Yoga Development Course (YDC) and then again offered selfless service through the summer of 2022. With their expanded perspective, they modelled leadership and dedication and received the gifts that such open-hearted giving brings.

Longer term stays like theirs add so much to the overall functioning of the Ashram. And seeing young people flourish inspires hope for the future—both here and in the world.

We have so much to be grateful for.

Donors! Again you have come through—thank you. Your funds helped the young people develop deep self-understanding through the YDC, and your donations enable us to embark on projects that have long been waiting. Top of the list is adapting buildings and systems for the changing climate. You can soon look forward to a cool, comfortable energy-efficient environment in the Guest Lodge during hot summers.

This year we also initiated two projects intended to offer reparation to Indigenous people. We announced the Indigenous Bursary program to invite in First Nation, Metis and Inuit people to Ashram retreats and courses. And we created a Reconciliation Fund, gathered through guest and resident contributions, as a small way to offer back for the privilege of being on this unceded ancestral territory. Donations were directed to Indigenous charities that work with legal issues, residential school survivors and young Indigenous leadership.


Thank you to all who help the Ashram thrive—whether here or in our extended community. Your care, love and efforts keep this bountiful centre of Light alive and growing. We are grateful.

In the Light,



Swami Lalitananda

SWAMI LALITANANDA

An aerial photograph of the Yasodhara Ashram. The scene is dominated by a large, calm lake in the foreground and middle ground. In the background, there are majestic mountains with patches of snow under a blue sky with scattered white clouds. The ashram itself is nestled in a dense forest of evergreen trees, with some trees showing autumnal colors of yellow and orange. Several buildings are visible, including a prominent white, tent-like structure with a curved roof. The overall atmosphere is serene and natural.

Meet Yasodhara Ashram



SWAMI RADHA



SWAMI RADHANANDA



SWAMI LALITANANDA

We are honored to be the caretakers and guests on the unceded territory of the Ktunaxa and Sinixt first peoples. Set in the beautiful mountains of southeastern British Columbia, we invite people of all ages and backgrounds to pursue their self-development and discover the promise of yoga.

Founded by Swami Sivananda Radha, a Western woman who went to India in the mid-1950s to meet her guru, Swami Sivananda of Rishikesh, hers is an inspiring story. An immigrant with little yet willing to risk and courageously keep stepping forward into the unknown so that we in the West could access Eastern teachings. Her integrity to those teachings shines through all that the Ashram is and offers.

SPIRITUAL LINEAGE

Swami Radha is a role model who established a lineage of women leaders. She gave deeply and widely from her heart to the very end of her life. Her essence continues to touch and speak to people through her written and recorded words and her example. The Ashram holds this essence and touches everyone who comes.

Swami Radhananda was president of Yasodhara Ashram Society from 1993 through 2014, building on Swami Radha's work and creating her own legacy of outstanding leadership and innovative teaching.

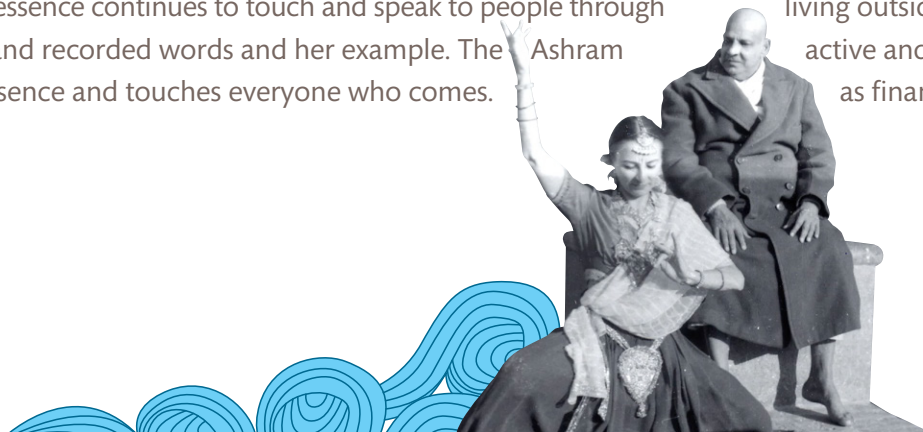
Swami Lalitananda, the current president, worked closely with both Swami Radha and Swami Radhananda and carries on the lineage with gratitude and innovation.

As Spiritual Director, Swami Lalitananda carried the spiritual lineage forward in 2022, initiating another long-term teacher dedicated to Swami Radha's work.

[Timeless Books](#)

BOARD OF DIRECTORS

Our quarterly Board meetings provide dynamic interaction between the three residential sanyasin directors and the four professionals living outside the Ashram. The Financial Committee was also active and available to look ahead to future initiatives as well as financial sustainability.



Healing Ourselves, Healing the World



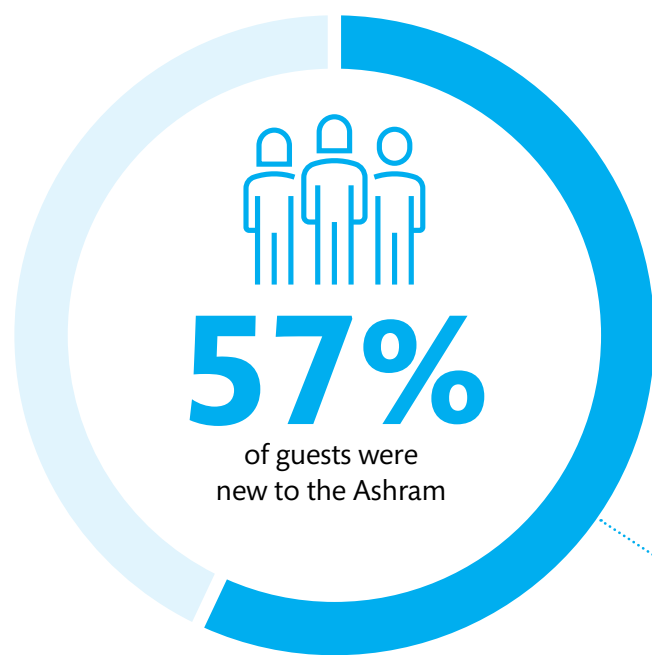
2022 was a year of gratitude - we were ever grateful for the land, the people, the teachings, the lineage, and to those who circle out from the Ashram and do value-laden work to give back.

Grateful

We also reflected on how people were coping with the effects of the pandemic and how to best serve them. As we sat with what would be of most benefit to our extended community, words like connection, heart-felt compassion, caring, lifting up, holding space and trusting came forward.

We recognized that after two years of many changes and challenges, people needed a place of sanctuary to rest, relax, find their inner wisdom and heal. The Ashram has always provided this space for our residents and others—and we find this work we do on ourselves is needed more than ever in the world today.

See a [video](#) excerpt of Swami Lalitananda's 2022 AGM talk on gratitude.



TEACHING & HOLDING SPACE

The Yoga Development Course (YDC) drew 23 participants, including several staying on from the 2021 Karma Yoga program. We encouraged past YDCers to reflect upon their experience and give their testimonials. Many heart-felt experiences were shared showing the YDC as an integral course to spread Light into the world.

[Testimonials](#) | [YDC promo video](#)

In 2022, we designed new 5 & 7-day Guided Retreats. Initially we offered four and the response was so positive that we added one more to the schedule. Seventy-two people participated with many first-time guests.

Our self-guided Restorative Retreats—in their second year—continued to be a great draw. Of 77 guests in total, half were new to the Ashram. Participants were grateful for the Ashram's warm welcome, our practices and an opportunity to participate in community.

Overall the new program model of Restorative Retreats and Guided Retreats (including three Yoga Journeys with 20 participants) was successful in creating a spacious and nurturing atmosphere around the Ashram. [Yoga Journey Testimonial](#)

Our Teacher Certification programs drew a total of 34 participants for Hatha Yoga, Kundalini and Dreams, and Hidden Language Hatha Yoga training or recertification.

In all of our programs, we appreciated the arrival of new faces (177 out of 309 total guests and karma yogis) as well as returnees.

OTHER HIGHLIGHTS

- Swami Radha's [Diary of a Woman's Search](#) was given new life in audiobook format with Ashram President Swami Lalitananda as narrator. See [Katie Taher's interview](#) with Swami Lalitananda.
- We provided trauma-friendly practice training as professional development for teachers and many residents took Mental Health First Aid workshops to better support our guests.
- An online gathering for teachers focused discussion on how we can best support one another, and highlighted the rich experience of teacher recertification.
- We delighted in offering biweekly guided tours again to the public from spring-fall.
- New print materials outlined our offerings and encouraged guests and karma yogis to return.
- We explored a possible new Registrations system to offer the potential of administrative efficiencies and improved guest experience.

KARMA YOGA



Over the years we have welcomed in many karma yogis who have embraced the idea of selfless service as a profound way of getting to know themselves. We welcomed 25 new KYs; an additional 48 returned during the year and 5 more entered our Pathways program for longer-term stays.

We've also initiated Hybrid stays—a model in which people can work remotely from the Ashram as well as participate in the community through Karma Yoga. As one Hybrid karma yogi who was impressed with the program stated, "I hope more people will understand it and be able to manage and come here and do this."

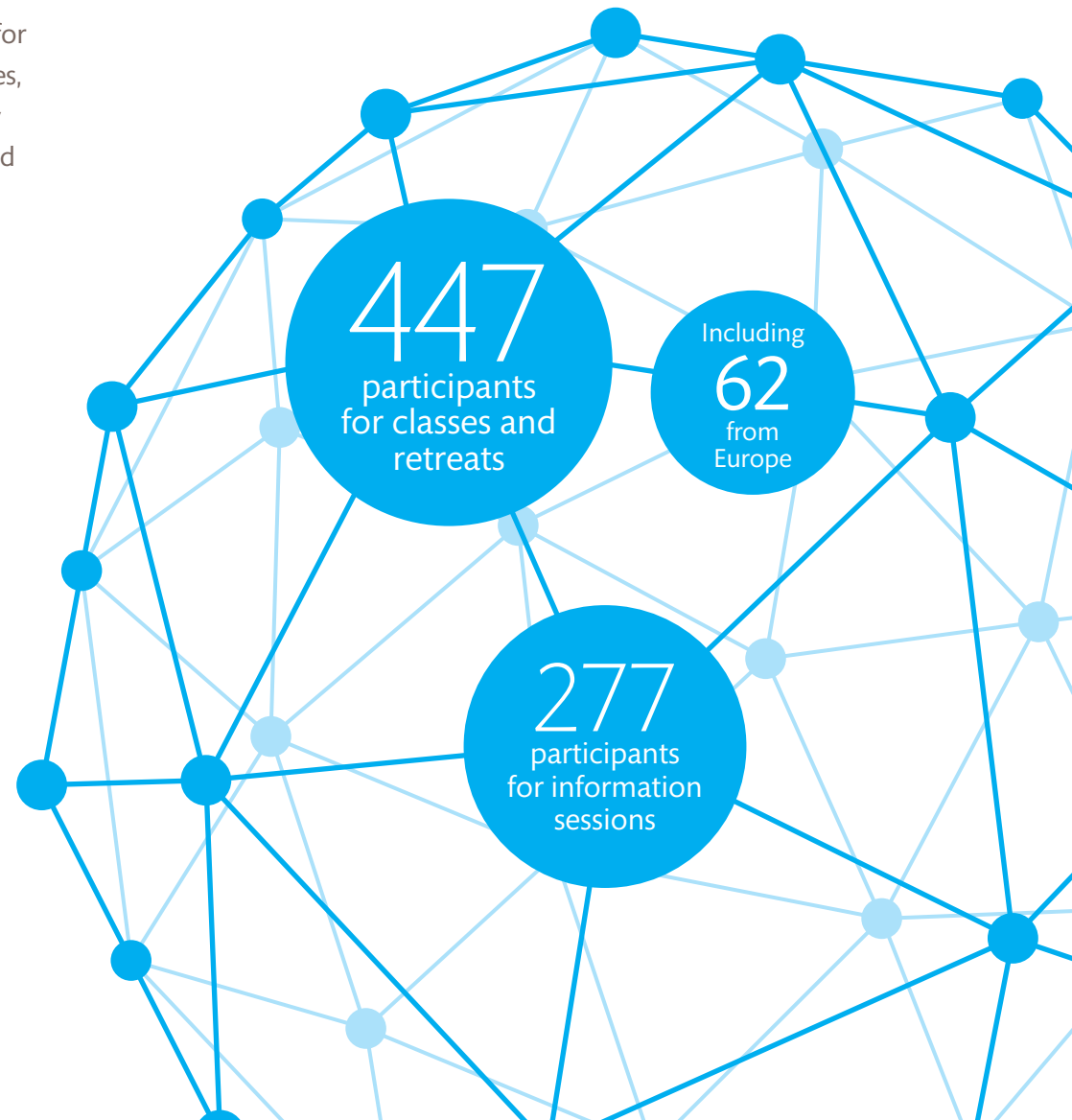
Karma yogis at the Ashram not only grow personally and learn new life skills, they become part of a unique community that is building a healthier, happier and more sustainable way of living.

ONLINE OFFERINGS

We continued offering the teachings across distances through Online classes—a valuable resource for staying connected and creating community around the world.

A survey provided us insight about what our community wants for content—including relaxation, healing, dream work, deeper dives for past YDCers, as well as flexibility in scheduling. The resulting 15 series, six classes and eight one-day retreats drew 447 participants (many more than once!) including 62 with European Online Outreach and 17 from the 10-week Peace of Mind for Professionals taught by Swami Sukhananda.

Our free information sessions, totalling 277 participants, continue to be successful in getting the word out and eventually leading to on-site registrations.



The Land We Have Been Entrusted...



2022 provided opportunities for demonstrating our commitment to caring for the environment, developing relationships and taking action.

Commitment



CONSERVATION, MITIGATION & GENERATION

In 2022, our Renewables group came together and updated its name to reflect a multi-faceted approach: Conservation, Mitigation & Generation (CMG). The year was focused on planning, with some specific project successes.

Highlights:

- An energy audit of Saraswati Guest Lodge was completed with 3West Energy building consultants, providing information needed to develop energy efficient retrofit action plans for 2023.
- We completed the sustainable logging project that was initiated the year before to create a healthier forest and mitigate wildfire. This reset for the forest will create the ecosystem it needs for the future.
- We fostered new contractor relationships that resulted in assessments related to the septic field and the use of fresh water from our well near the Temple.
- And, as part of our emergency and power outage preparedness, the Many Mansions generator was replaced and is available when needed.

FOOD FLOW

When the garden was first created, we wonder whether Swami Radha imagined the thousands of people who would offer service on this land and be transformed in this place of peace. In the decades that followed, the garden expanded and today it grows fruits and vegetables, sprouts and herbs that account for 25% of the food eaten at the Ashram.

2022 was a time to review how we want to build on sustainability, experiment with techniques to expand our growing area, grow more storage crops and review the potential of the garden to supply our continuing needs.



Food Flow Highlights



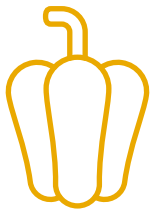
53,500
meals prepared



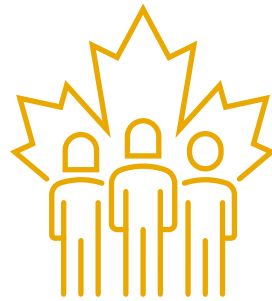
655 lbs
of tomatoes



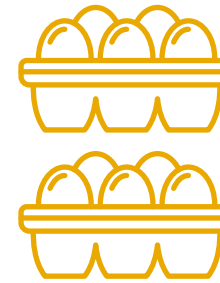
975 lbs
of summer squash



68 lbs
of peppers



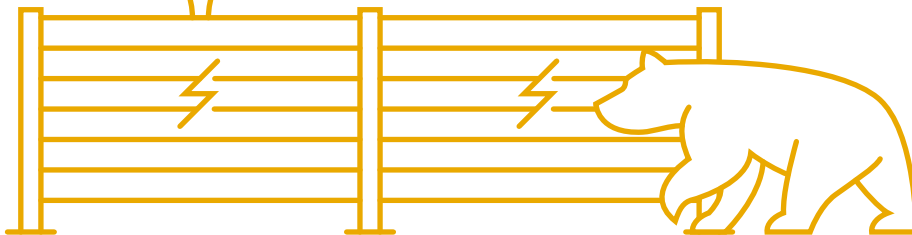
Canada Student Grant
in Shop—allowed new infrastructure in garden: winter squash cover, pepper supports, 10 new apple boxes, and support hoops for row covers.



The chickens produced
14,600
organic eggs. Additionally the chickens are very beneficial to the orchard: fertilizing, weeding, and pest control.



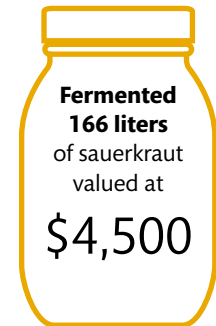
Electric fence has worked.
Fruit in orchard was able to ripen.



Canned
96 liters
of organic
pears valued at
\$1,392



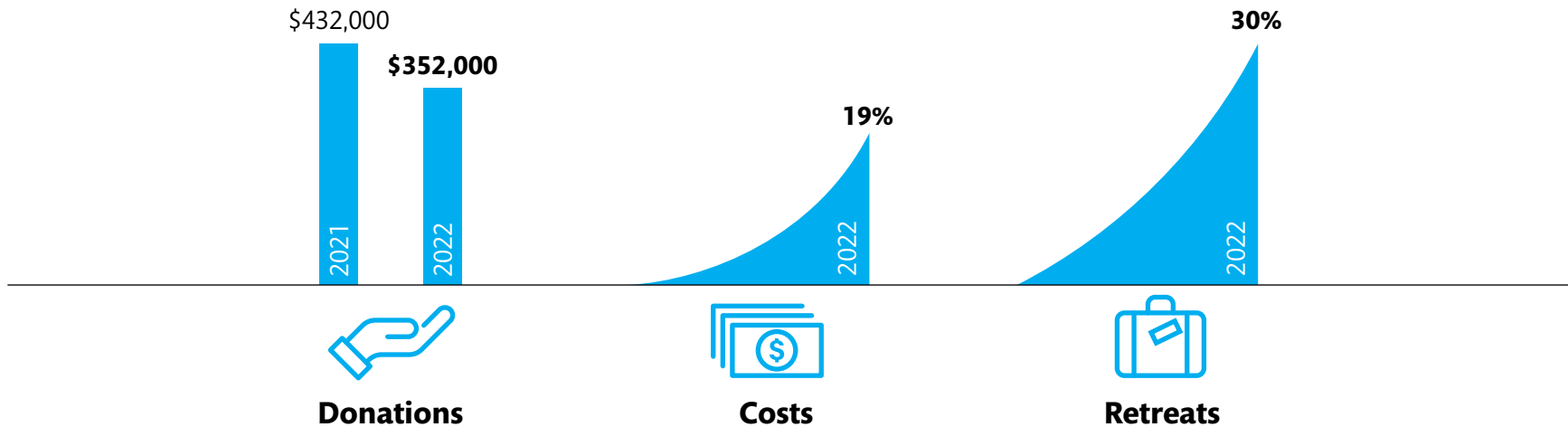
Canned
102 liters
of relish
valued at
\$1,836



Fermented
166 liters
of sauerkraut
valued at
\$4,500



Dollars & Cents



Continuing the trend that started the previous year, 2022 marked another profitable 12 months for the Ashram. Funds available from 2022 and 2021 are being invested into much-needed facility and infrastructure upgrades over the coming year or two.

A significant increase in on-site guests, as the pandemic scene shifted and we added shorter guided retreats to our programming, contributed to this positive bottom line. Income from intensive courses (including a robust YDC enrolment) and retreats totalled more than \$525,000, a 30% increase from the previous year. Online courses also contributed income of \$71,000, a reduction of about half of the previous year, although many people continued to appreciate this way of staying connected.

Our new Indigenous Reconciliation Fund generated \$14,000 through \$25 collected from each guest and karma yogi, as well as contributions from Ashram residents, throughout the year. The Ashram donated the funds to three Indigenous charities with the intention to help balance past injustices. [See IndigenEYEZ appreciation.](#)

Our donors once again responded with generosity totalling \$352,000. Although a reduction of \$80,000 from 2021, we greatly appreciated people’s willingness to contribute at this time. We feel immense gratitude for our steady monthly donors, including those who have had to step back right now because of financial circumstances, as well as those able to contribute significant single amounts.

Increased costs, including inflation which has been felt worldwide, led to increased operating expenses of 19%, most significantly experienced in Kitchen, Human Resources and Repair & Maintenance.

[See 2022 Financial Statements.](#)

We express heartfelt gratitude to all those who contributed to a successful year in so many ways.

See our youth’s gratitude for opportunity provided through Youth Bursaries.

[Youth Bursary Testimonials](#)



Growing Into Light:
Looking Towards Our

60TH YEAR

— Swami Lalitananda —

Reading over the “future” reports from the past eight years of Annual Reviews, I’m impressed with what has come to fruition. Some things—like the new Temple or more efficient tech systems—take time to manifest, like a seed sprouting. But if the idea is sound and receives Divine Mother’s grace, it grows in its own time. →

And some themes carry through the years because they remain a need—such as mentorship, succession, climate action.

I saw that there are qualities we have developed—adaptability and clarity of purpose—that steer us through tough times like the Temple burning in 2014, or the pandemic closure in 2020 or the current economic uncertainty.

“Keep on going!” Swami Radha would say.

It means, keep on learning through experience and living what you learn. Keep on opening to change, the one consistent reality. Remember the Ashram’s purpose.

And so that is how we enter the future.

2023 will be a year of celebration—marking 60 years of Yasodhara Ashram, honouring Swami Radha and the manifestation of her vision, living in the legacy she left us—this beautiful place, these accessible, life-changing teachings.

After 60 years the Ashram is still here, yet always renewing. We invite people to pause, to reflect, to consider where they are in their lives and to ask what is important. The Ashram is a refuge, a place to heal, to love, to experiment with living together in harmony. The Ashram exists to help us become who we can be, to uncover the Light within and to live as luminous beings.

In 2023 we will celebrate with joy that there is such a place. Please join us!

The future is being created now and you are invited.



