



# Ottawa Radha Yoga Centre

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## **Mission**

The Ottawa Radha Yoga Centre is an established, dynamic yoga teaching centre and charity, a branch of the Friends of Radha Foundation and affiliated with Yasodhara Ashram. We are committed to supporting people in bridging their spiritual ideals with everyday life. People are encouraged to meet personal challenges and opportunities that promote self-reliance, growth and joy.

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## **Goals**

- to offer the teachings of yoga in the tradition of Swami Sivananda Radha
- to reach out in the spirit of selfless service to groups in the community regardless of race, age, health or economic circumstances
- to provide a living space in an urban setting for students of Swami Radha's teachings
- to support youth participation at the Centre and in our community outreach
- to nurture the spirit of devotion and gratitude and the commitment to lifelong learning