

Sonoma Ashram Foundation



Fullness
overflowing

April 2012 News from Sonoma

Dear Friends,

After completing a wonderful Navaratri celebration in March, Sonoma Ashram is thriving. The shift of seasons brings gratitude for extra hours of daylight and much needed spring rains.

The Ashram's organic garden is in full bloom providing an abundance of food, beauty and seva (selfless-service) opportunities. From simple day-to-day tasks to more major projects, residents, guests and volunteers deepen their practice by working together to maintain and beautify this sacred space.

Friends old and new are arriving weekly from all over the country for personal retreats and day visits. A group of local high school teens visited recently and were excited to learn about the Ashram's teachings.

Most exciting, however, is the movement on several improvement projects. The removal of the trailer that has served as Babaji's residence began last week. This is just the first step of this project and we look forward to sharing more about what's in store for the future. Additionally, we are in the midst of upgrading guest accommodations in the main house.

With all of the new growth happening at the Ashram, I can't help but be reminded of a lesson I learned during Navaratri, that new found courage comes when we take action and follow divine inspiration.

We hope you are thriving this spring, and that we will see you in the near future. Please click on the links below to learn more about Sonoma Ashram's offerings.

Namaste,

Jordan

An Invitation to Participate

NEW! News area on our website: [Click Here for Recent News](#)

Yoga Classes: www.sonomaashram.org/yoga

Daily Schedule: www.sonomaashram.org/dailyschedule

Personal Retreats: www.sonomaashram.org/personalretreats



