

# An Invitation to join Friends of the Ashram

We welcome you to join Friends of the Ashram and be part of its ongoing growth and development over the next few years and decades, as it continues to be a centre of yogic excellence, and an invaluable resource for countless seekers such as yourself.

**Mandala Yoga Ashram** has served as a beacon to genuine spiritual seekers for over 30 years. Each person has approached the Ashram with their own unique needs, whether searching for deeper understanding and insight, or needing fresh inspiration in life, or simply the supportive space to face and release old habitual patterns of behaviour that are otherwise constraining their lives. Whatever the reason, thousands of people have found what they need by spending time in the vibrant and transformative energies of the Ashram.



Swami Nishchalananda (Swamiji) pioneered the Ashram in the early years, and sustained it as it became more established, often through personal sacrifice and ongoing hard work. His example has inspired those of us here now to be passionate about the service we give to the Ashram, giving fully of ourselves, as we hold firm to his vision as to the unique purpose and value of this ashram in today's world.

As Swamiji becomes less active than he used to be, it is his clear wish that the Ashram continues as a spiritual beacon for many years to come. His vision is for the Ashram to become even more recognised as a centre of yogic excellence; a centre where authentic yoga and meditation is taught, free from isms and dogma, so that this science of awakening and transformation becomes even more accessible in an age where there is such need.



## The Purpose of Friends of the Ashram

To safeguard the future of the Ashram, it has become very clear to Swamiji, Ashram trustees and senior teachers that it needs to continue to operate on a sustainable financial footing. Alongside ongoing course income, and periodic donations, a steady and stable flow of income through 'Friends of the Ashram' would allow the Ashram to not only cover its day to day running costs, but also to continue to enhance the facilities it offers.

Being a Friend of the Ashram allows you to play a vital role in supporting the ongoing mission of the Ashram and the invaluable service that it offers, not just to you but to countless others into the future, including those on low incomes.

By making a monthly, or annual donation, you would become part of a much greater whole; a dedicated body of people who have been touched by the Ashram in some way and who then make an affordable contribution so that the Ashram can continue to uplift and inspire the lives of so many.

On the back page, we have given suggested amounts that we hope are affordable to most and that are in line with other organisations that rely so much on their supporters for their ongoing viability (such as the National Trust, RSPB etc).

We can't offer you any shiny badges or special gifts! What we can assure you is that your contribution will be most gratefully received and will go directly towards putting the Ashram on a more sustainable financial footing, to allow it to continue shining as a beacon for the next 30 years and beyond.



In addition to the ashram's ongoing running costs, the financial support gained through Friends of the Ashram could also go towards the costs of the following:

1. Essential Renovation of existing Ashram facilities - see over
2. Installation of an effective and integrated energy system to cover both electricity and heating (as a long term alternative to oil) - see over.

**1. Essential Renovation:** The immediate plan is to continue to update and improve the facilities we offer, so that they more appropriately reflect the quality of the teaching and ethos of the Ashram. Over the last year we have seen the first stages of essential renovation work that have greatly improved these facilities:



The Sadhana (practice) Hall has been transformed with a new wooden floor with underfloor heating, and an understated and easily adjusted lighting system. Through these changes it is clear that the underlying energy of the space has not only remained but even increased.



A new bathroom has been installed upstairs in the main building to increase bathroom capacity (see right).

Also the women's shower block (see left) has been transformed into a much warmer more comfortable and welcoming space!



The next planned stage is to install underfloor heating in the conservatory to enable it to be used as a 2nd teaching venue, plus a communal space for the whole year (not just when it is sunny!) Thereafter we plan to remove all damp from the kutir and upgrade the interior to make it a more comfortable welcoming accommodation space.

**2. Energy System:** Your support from Friends of the Ashram will also help towards the costs of installing a sustainable energy system - for both heating and power - without relying on ever escalating oil costs. Initial plans centre around the installation of a solar array to cover electricity needs, air source heat pumps (or similar) for space heating, and greater renovation of existing buildings to improve insulation. Initial ball park figures for the cost of implementing such proposals are around £70,000. We plan to gain greater clarity on the way forward in 2018.

**The purpose of the above is not to make the Ashram into a 5\* resort. Our intention is simply for the ashram facilities to be appropriate and comfortable for your needs, thereby allowing you to focus on the ashram teachings.**

## Practical Steps to being a Friend of the Ashram

**Contribution amount:** This needs to be an amount which you can comfortably afford, and happily give. Your contribution may be small scale, yet with the support of many others like you, it will greatly benefit the Ashram's future. The regular income from monthly contributions is most beneficial.

Suggested amounts for monthly contributions are:

- if you receive a higher income, then £25 or higher
- if you receive a standard income, then £5- £15
- if you receive a lower income, then £3 - £5



These are suggested amounts and you can of course choose your own figure, or if you prefer, you can give an annual contribution.

**How to give?** To make it practical for both yourself and the Ashram, its easiest to set up a standing order from your bank account to the Ashram bank account. This is easy to do via online banking, or via your branch. Include your name as a reference, and kindly contact the Ashram to confirm when it is set up.

### Ashram bank account details:

Barclays Bank

Sort Code: 20-18-54

Account Number: 10914258

For non-UK donors, you will also need:

IBAN No: GB24 BARC 2018 5410 9142 58

SWIFTBIC: BARCGB22

You can of course cancel the standing order whenever you wish, or adjust it depending on your changing circumstances.

If you're inspired to support the Ashram, yet feel unable to set up an ongoing donation for whatever reason, then you can offer a one-off donation using the details above, or by sending a cheque (payable to Mandala Yoga Ashram) to:

Mandala Yoga Ashram, Pantypistyll, Llansadwrn, Llanwrda, SA19 8NR

## Thank you

**Your support and generosity are deeply appreciated. Swamiji, the Ashram trustees, and all of us in the Ashram team send you our heartfelt gratitude and fondest regards.**

Your privacy is important to us and your information will not be shared or used by the Ashram in any way without your written consent.

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