

Jamie Allison

Anusara Yoga® Weekend Workshop: The Creative Cycle of the Goddess - Embrace the deep order and reason of Nature and make your life an artistic offering from your heart.



October 15-17, 2010 ❄️ Park City, UT

Please join Jamie and Justin Allison for this transformational event. Jamie is committed to educating and empowering her students through the enlightened teachings of Anusara Yoga® and Rajanaka® Tantra. She received her certification in Anusara Yoga® in 1999 and brings to her teaching the wisdom she has gained from her years of study, practice and desire to deepen her investment in yoga and in life. Jamie has been studying closely with John Friend, founder of Anusara Yoga®, since 1994 and Dr. Douglas Brooks, world-renowned scholar of Rajanaka® Tantra, since 1998. In 2008 Jamie and Justin established the Ananda Tandava Retreat Center in the Arkansas River Valley in Howard, Colorado. Their retreat center is a haven surrounded by towering trees, creeks, ponds, and abundant wildlife. This setting allows Jamie to deepen her discipleship to her greatest mentor, Nature.

Schedule:

Friday, October 15:

- 5:30-7 PM** The revelatory power of Grace is everywhere, hiding in plain sight. This practice will remind us how to skillfully dance with the Divine.
- 7:15-8 PM** Kirtan, Justin Allison will lead us in chanting as we join our voices to celebrate all phases of the creative cycle.

Saturday, October 16:

- 10 AM- 1 PM** We begin as pure potential and unfold with deep order and reason. This full spectrum class, sequenced for back bending, will lead us into our hearts.
- 2:30-5 PM** Nature knows when to ebb and flow. We settle into the quiet of the afternoon with hip openers and Pranayama. This practice will restore and refresh us.

Sunday, October 17

- 10 AM-1 PM** Lakshmi is the pinnacle of the creative cycle. Dark, raw Kali power is refined step-by-step by Saraswati's life sustaining order. Lakshmi bursts forth as the sweetest fruit, the most highly refined and exquisitely executed artistic offering. This full spectrum class will invite us into many pinnacle moments through arm balancing and back bending. Be ready to taste the sweetness of your life!

Cost: \$150 for the entire workshop if paid by October 1, \$170 after October 1
\$30 Friday class and Kirtan
Kirtan only, voluntary donation
\$50 for each individual class on Saturday and Sunday

Location: The Shop, 1167 Woodside Avenue, Park City, Utah

Contact: 435 649 9339 / theshop@parkcityyoga.com

THE SHOP yoga Studio



live deeply™



Justin Allison has studied with Jamie Allison and John Friend since 1995. He received his Anusara Yoga® Certification in 2002. Justin continues his studies with John Friend and Dr. Douglas Brooks, Rajanaka Tantra Scholar. Justin, a world-class musician and skillful assistant, adds musical ambiance to Savasana and leads Kirtan. Together, Jamie and Justin, make an unbeatable team.

Workshops, Immersions, Teacher Trainings and Retreats

www.JamieAllisonYoga.com

Registration form: The Creative Cycle of the Goddess

Name _____ Amount Enclosed _____ ck# _____
 Credit Card # _____ exp date _____ Authorized signature _____
 Email _____ phone _____

Please enclose your registration form and check made payable to **The Shop, to PO Box 681237, Park City, Utah 84068**

- Please indicate the classes you are attending:
- \$150 11- hour workshop if paid by Oct 1 \$170 after October 1
 - \$30 Friday evening class and Kirtan
 - Kirtan voluntary donation
 - \$50 Saturday 10 AM -1 PM
 - \$50 Saturday 2:30 - 5 PM
 - \$50 Sunday 10 AM - 1 PM

There is a processing fee of \$40 for any cancellations. Any cancellation made less than 24 hours prior to the start of the workshop forfeits the full registration payment.