

Jamie Allison

Anusara Yoga® 100-hour Immersion Ananda Tandava Retreat Center, Howard, CO



Immerse: to plunge wholly into, to engage fully, and to go deeper into a subject for the sheer joy of going deeper and receiving more meaning. Learning for the delight of learning! An Anusara Yoga® 100-hour Immersion is a prerequisite for moving toward the certification process.

Session I: April 22-26, 2010, Defining Anusara Yoga®

Don't miss this opportunity to study with Jamie and dive deeply into the Anusara Yoga® Universal Principles of Alignment™. The Principles will be unpacked on many levels. First, the most outward, tangible manifestation as illustrated in the human form. Then, moving inward, their effect on our minds and hearts. There is a clear, concise formula for how we take our seat in this life and how we offer back. The Anusara Yoga® Principles of Alignment™ hold the key.

We will be exploring these principles and their relationship to the Yamas and Niyamas.

The Yamas and Niyamas are yoga's ancient ethical guidelines. This immersion will make clear how they are relevant to our daily lives.

Also covered in this Immersion:

Overview of Anusara® Philosophy, Vision and a broad overview of history of yoga

Basics of Studentship

Level I Syllabus of poses; including general principles for the major classes of poses, modifications and use of props

Pranayama; including Natural Breath, Ujjayi and Jalandhara Bandha

Meditation, Journaling and Contemplation

Basics of anatomy pertaining to the shoulders and hips

Session II: June 24-28, 2010, Defining Ourselves, our Place in and our Relationship to Creation

This session will lead us more deeply into the art and science of Anusara Yoga®. The study of the 36 Tattvas is the philosophical focus for this session. By delving into these Tattvas, or principles, we can enter into a deeper relationship with ourselves and the world around us.

Also covered in this Immersion:

Overview of the Yoga Sutras of Patanjali from a Classical and Tantric perspective

Review of the Yamas and Niyamas

Making progress on the path of awakening. What does this mean to you?

Continuation of the Level I Syllabus and introduction to Level II

The art of sequencing

Applicable anatomy

Pranayama, Meditation and Contemplation

Session III: August 12-16, 2010, Living Your Yoga: The Big Picture

The unpacking of the Bhagavad Gita offers the foundation for this session. The notion of Dharma or sacred duty will be the backdrop for our unfolding awareness of the Universal Principles of Alignment.

Also covered in this Immersion:

Integration of the paths of Karma, Jnana and Bhakti Yoga

The art of sequencing continued

Continuation of Level I & II Syllabi

Applicable anatomy

Pranayama, Meditation and Contemplation

New 5-day format: Each session begins on Thursday and ends on Monday after lunch.

8-9 AM Pranayama and Meditation

9-9:45 AM light breakfast

10 AM-1:15 PM class

1:15-3 PM lunch

3-6 PM class

Sunday evening we will have dinner from 6-7 PM and Justin will be offering Kirtan from 7-8 PM

Organic, vegetarian meals, as noted in the above schedule, are included in your tuition

- See next page -

Prerequisites:

Minimum of 30 hours or 3 months of Anusara Yoga® public classes.

An Introduction to Anusara Yoga® Workshop (10-14 hours) including an introduction to the Universal Principles of Alignment™ and key philosophical principles that underlie this method.

Cost:

100-hour Immersion \$1950 if paid by April 7, \$2050 if paid after April 7

Individual sessions \$750 each

Session I of a 100 hour level I Immersion must be completed prior to attending subsequent sessions.

Limited on sight housing is available on a first come, first served basis. Prices range from \$25-\$60 per night per person.

Registration Form: Anusara Yoga® 100-hour Immersion:

Name _____ Amount enclosed _____ ck # _____

E-mail address _____ Phone _____

Credit card # _____ Exp date _____ security code _____

Authorized signature _____

Please mail your registration form, payment information or check made out to JamieAllisonYoga to
Jamie Allison 1645, County Road 47, Howard, CO 81233

Please indicate what you are attending:

\$1950:100-hour Immersion paid by April 7

\$2050:100-hour Immersion paid after April 7

\$750: Session I April 22-26, 2010, Defining Anusara Yoga®

\$750: Session II: June 24-28, 2010, Defining Ourselves, our Place in and our Relationship to Creation,

\$750: Session III: August 12-16, 2010, Living Your Yoga; The Big Picture

\$200 to reserve space in the 100-hour immersion

\$75 for Session I, \$75 for Session II, \$75 for Session III

Payment for individual sessions must be received at least 10 days prior to the start of the training.

To immediately reserve your space, please send \$200 for the three sessions or \$75 per individual session. To receive the early price on the 100-hour Immersion the balance must be paid by April 7. For all other price options please have your balance paid 10 days prior to the start of the session(s) you are attending.

Housing as available:

\$100 (4 nights @\$25 per night per person) dorm style in the studio, 5 beds. The beds must be taken down and set up each day to accommodate the classes

\$180 (4 nights @\$45 per night per person) three to a room on the 4th level

\$180 (4 nights @\$45 per night per person) semi-private room on the 4th level

\$240 (4 nights \$60 per night) private room on the 4th level

On site housing is limited. To reserve your housing, please send your full payment for your choice of housing along with your payment for the training or your deposit for the training or the parts of the training you are attending. If you'd like to arrive the night before the start of the training please add in that additional night's stay. Any housing cancellation forfeits the fee for one night's stay.

Students staying at Ananda Tandava Retreat Center have use of the fully equipped kitchen in the studio.

For information on other housing options in the area, please visit www.jamieallisonyoga.com, Ananda Tandava page

Any cancellations forfeit a \$75 administration fee.

Any cancellations made less than 24 hours prior to the start of the immersion forfeit 50% of the registration fee.