

# Jamie Allison

**The Creative Cycle of the Goddess: Embrace the deep order and reason of Nature and make every step an artistic offering from your heart.**



**August 7-8, 2010 ❄️ Miller Ranch Community Center, Edwards, CO  
Anusara® Yoga Weekend Workshop with Jamie and Justin Allison**

**Jamie Allison** 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. Jamie and her husband Justin recently 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:**

**Saturday, August 7**

**9 AM-noon** – 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.

**1:30 -4:30 PM** – Nature knows when to ebb and flow. We settle into the quiet of the afternoon with hip openers, Pranayama and chanting. This practice will restore and refresh us. Justin Allison will lead us as we join our voices to celebrate all phases of the creative cycle.

**Sunday, August 8**

**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:** \$135 for the whole workshop, \$145 at the door, each 3-hour class \$50

**Location:** The Miller Ranch Community Center, 25 Mill Loft St., Miller Ranch in Edwards, CO

**Contact:** Annie Richards 970-331-9025 / [yogaannie3@yahoo.com](mailto:yogaannie3@yahoo.com)



**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](http://www.JamieAllisonYoga.com)

**Registration form: The Creative Cycle of the Goddess**

Name \_\_\_\_\_ amount enclosed \_\_\_\_\_ ck# \_\_\_\_\_

Email address \_\_\_\_\_ phone \_\_\_\_\_

Please mail this completed form and your check payable, to **Annie Richards, P.O. Box 688 Minturn Co., 81645**

Please indicate what you are attending:

- \$135 9-hour workshop,  \$145 9-hour workshop paid at the door
- \$50 Saturday 9-noon,  \$50 Saturday 1:30-4:30 PM,  \$10 Saturday 3:45-4:30 Kirtan,
- \$50 Sunday 10 AM- 1 PM

Please note there is a \$35 processing fee for any cancellations.

Any cancellation made 24 hours prior to the start of the workshop forfeits the full amount paid