

Metamorphosis

Anusara® Yoga Advanced Intensive with Jai me* Allison

* Whenever anyone says Jai me it is a reminder to celebrate the wonder of who they are as an embodied being!

August 17-19, 2012

Ananda Tandava Retreat Center, Howard, Colorado

Held in the chrysalis of your being is potency. Open to this potency, spread your wings and fly. The sun is high in the sky. Nature is reveling in Her fullness. Now it is time for you to revel in yours! Our 3 days together will inspire you to expand the boundaries of what is possible.

Please join Jai me Allison for this transformational weekend of yoga. Jai me, certified since 1999, brings to her teaching the clarity gained from years on her yoga mat, introspection, self-inquiry and continuous study with John Friend and Dr. Douglas Brooks. In 2008 Jai me and Justin Allison 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 Jai me to deepen her discipleship to her greatest mentor, Nature.

Schedule:

Friday, August 17

8-9am Pranayama/meditation

9-9:30am breakfast

10am-1pm practice

1-3pm lunch and free time

3-5:30pm practice

7-8pm dinner

Saturday, August 18

8-9am Pranayama/meditation

9-9:30am breakfast

10am-1pm practice

1-3pm lunch and free time

3-5:30pm practice

7-8pm dinner

Sunday, August 19

8-9am Pranayama/meditation

9-9:30am breakfast

10am-1pm practice

1-3pm lunch

Tuition:

\$350 if paid by August 5, \$375 after August 5

Individual days:

\$155 Friday only, \$155 Saturday only, \$95 Sunday only

If you are arriving Thursday evening by 6:30pm and would like dinner please add \$20 to your payment

If you are arriving on Thursday evening, please arrive no earlier than 5:30pm, thank you.

Contact – Jai me Allison 719-942-5452 / jamieomzone@aol.com

Location - **Ananda Tandava Retreat Center**, Howard, Colorado

Directions to the retreat center will be e-mailed once you have registered and paid.

Limited on-site housing is available on a first come, first served basis. The prices per person, per night, range from \$35-\$65, based on your choice of housing.

Please visit www.jamieallisonyoga.com, the workshop page to print the registration form for this event

Registration Form: Metamorphosis

Name _____ amount enclosed _____ ck# _____

E-mail address _____ phone _____

Credit card # _____ expiration date _____ security code _____

Credit Card billing address _____

Authorized signature _____

Referred by _____

Please mail your registration form, payment information or check made out to JamieAllisonYoga to
Jai me Allison, 1645 CR 47, Howard, CO 81233

Please indicate your payment option:

- \$350 if paid by August 5 \$375 paid after August 5
- \$155 Friday only, \$155 Saturday only, \$95 Sunday only
- \$20 if you are arriving Thursday evening by 6:30pm and would like dinner

If you are arriving on Thursday, please arrive no earlier than 5:30pm, thank you.

Meals, as listed in the schedule, are included in your tuition. On-site housing is available for an additional fee.

Housing as available:

- \$35 per night, per person; dorm style in the studio, cots need to be set up and taken down daily
- \$45 per night, per person; three to a room on the 4th level
- \$45 per night, per person semi-private room, bunk beds, on the 4th level
- \$65 per night, per person; private room, queen bed, on the 4th level, if this room is shared the fee is \$45 per person.

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

The ðfine printð please read and sign. Thank you.

Workshop and housing cancellation policies:

Any workshop cancellation forfeits a \$65 administration fee. Any cancellation made less than 24 hours prior to the start of the workshop forfeits the full registration fee. Any housing cancellation will forfeit one night's stay. Any housing cancellation made less than 24 hours prior to the start of the workshop will forfeit the full housing payment.

I understand and agree to the above cancellation policies:

Print your name

your signature

date