

Jai me* Allison

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

2012 100-Hour Anusara® Yoga Teacher Training

Ananda Tandava Retreat Center, Howard, Colorado

Practice What you Know, Teach What You Practice

The Potential of Your Teaching unfolds through Your Practice, July 26-29: 25 hours

Each day of this 4-day module will begin with Pranayama and meditation. After breakfast we will explore what makes self-practice efficacious and how our practice feeds our capacity to teach. *This part of the teacher training is available to anyone who desires to deepen their personal practice and wants take their understanding of Anusara yoga to the next level.* \$525

The More you Know, the More you See. The More you See, the Greater the Opportunity to Enhance.

August 9-12: 25 hours

Being able to see the energetic flows in the body is a hallmark of a successful teacher. A keen capacity to observe allows you to offer optimal verbal and manual adjustments. \$525

Sequencing for Success and Speaking Heart to Heart, September 13-16: 25 hours

Self-practice sets the template for successful sequencing. Dedication to your practice gives insight and the capacity to speak from experience. \$525

Becoming the Gift of an Authentic Teacher, October 4-7: 25 hours

To become an excellent teacher requires practice, sincere feedback and clear direction. \$525

Tuition: 100-hour teacher training, including two meals per day \$2050.

Save \$200 when you pay by July 1. Early tuition fee, \$1850.

Contact: jamiemzone@aol.com / 719-942-5452/ www.jamieallisonyoga.com, to register or ask questions

Location: Ananda Tandava Retreat Center, Howard, Colorado. Detailed directions will be sent once you have registered and paid

Registration form for: 2012 Anusara Yoga®100-Teacher Training:

Name _____ amount enclosed _____ ck# _____

Email address _____ phone _____

Credit card # _____ expiration date _____ security code _____

Authorized signature _____

Credit Card billing address _____

Referred by _____

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

Please indicate what you are attending:

\$1850:100-hour Teacher Training paid by July 1

\$2050:100-hour Teacher Training paid after July 1

\$525 Part I: **The Potential of Your Teaching unfolds through Your Practice** July 26-29: 25 hours

\$525 Part II: **The More you Know, the More you See. The More you See** August 9-12: 25 hours

\$525 Part III: **Sequencing for Success while Speaking Heart to Heart** September 13-16 : 25 hours

\$525 Part IV: **Becoming the Gift of an Authentic Teacher** October 4-7: 25 hours

\$200 non-refundable deposit to reserve space in the 100-Hour Teacher Training

\$75 non-refundable deposit for **Part I**, \$75 non-refundable deposit for **Part II**

\$75 non-refundable deposit for **Part III**, \$75 non-refundable deposit for **Part IV**

*Payment for individual parts **must** be received at least 10 days prior to the start of the session.*

To immediately reserve your space, please send \$200, non-refundable deposit, for all four parts or \$75 non-refundable deposit, per individual part. To receive the early price on the 100-Hour Teacher Training the balance must be paid by July 1. For all other price options please have your balance paid 10 days prior to the start of the part(s) you are attending.

Housing as available:

- ___ \$105 (3 nights @\$35 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.
- ___ \$135 (3 nights @\$45 per night per person) three to a room on the 4th level
- ___ \$135 (3 nights @\$45 per night per person) bunk bed room on the 4th level
- ___ \$195 (3 nights \$65 per night) private room, queen bed, on the 4th level. If this room is shared the fee is \$45 per person, per night.

If you will be with us for more than 3 nights, please add the additional fee to your payment.

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 are arriving on Thursday evening and you'd like dinner prepared for you (served between 6:30 and 7 pm), please add an additional \$20 to your tuition. Plan to arrive no earlier than 5:30pm and no later than 9pm. Any housing cancellation forfeits the fee for one night's stay based on your selected accommodations.

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

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

The "fine print" please read

Workshop Cancellation Policy:

Any cancellation forfeits a \$75 administration fee per session and the non-refundable deposit if applicable. Any cancellation made less than 24 hours prior to the start of the immersion forfeits 50% of the registration fee. If you have paid for the full 100-hour Teacher Training and are unable to attend any pre-paid sessions your refund will be based on the price per individual session you attended, minus the cancellation fee of \$75 per cancelled part(s).

Example I: full tuition paid by the early deadline (\$1850), three out of four sessions attended (\$525 each), refund = \$1850 - \$1650 (3 x \$525 + \$75) = \$200.

Example II: \$75 non-refundable deposit paid for Part I and the balance paid in full 10 days prior to the start of the session. If you need to cancel you will be charged the \$75 cancellation fee and your \$75 non-refundable deposit will be forfeited: \$525 - \$150 = \$375, your refund.

Housing Cancellation policy:

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