

Jamie Allison



Anusara Yoga® 50-Hour Teacher Training

Ananda Tandava Retreat Center, Howard, CO

This 50-hour training is for aspiring teachers and serious students. The hours can be credited toward Teacher Training hours for Anusara Yoga® Certification. Please have a minimum of one-year continuous study and practice of Anusara Yoga®.

This training will take place over 4 weekends of 12 ½ -hour modules each.

Part I: **Refine** February 20-21, Part II: **Enhance** March 27-28, Part III: **Create** April 17-18 and

Part IV: **Articulate** May 1-2, 2010

Each module will have the following schedule:

Saturday:

10 AM-1:15 PM class

1:15-3 PM lunch

3-6 PM class

Sunday:

9 AM-12:15 PM class

12:15-2 PM lunch

2-5 PM class

Part I **Refine-The Art and Science of Reading the Map of the Body**

The science of biomechanics reveals the optimal relationship of the bones in the human form to each other and the greater whole. There are clearly delineated landmarks that remove guesswork. This empowers us, as teachers, to offer guidance and instruction with clarity and confidence.

Part II **Enhance-How to Observe and Enhance a Pose**

This module is based on the knowledge we gained in Refine. Knowing what to look for optimizes our observation skills. Enhancing what we observe is the next step. Language skills, both active and passive will be reviewed. We will observe each other, practice our language skills and learn hands on adjustments. The art of touch will be reviewed.

Part III **Create-The Art and Science of Sequencing**

Creating a class that opens, heals and uplifts is a very logical and creative process. It involves knowing the science of opening the body and the art of encouraging that opening from the inside out. We will apply this art and science of sequencing to back bending, hip openers, arm balancing and inversions.

Part IV **Articulate- The Art of Thematic Creation and Weaving throughout a class**

Words carry power. Meaningful words are transformational, inspirational words uplift and empower. Thematic creation and weaving throughout a class allows us to uplift and empower our students.

Information: Jamie Allison 719-942-5452 / jamieomzone@aol.com / www.jamieallisonyoga.com

Cost: \$750 for all 4 modules if paid by February 5 (a savings of \$130) \$795 if paid after February 5 \$220 for each 12 ½ -hour module if paid individually. Please send your payment 10 days prior to the start of each module. Organic, vegetarian lunches are included in your tuition.

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



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.

Workshops, Immersions, Teacher Trainings and Retreats

www.JamieAllisonYoga.com

Registration Form: Anusara Yoga® 50-Hour Teacher Training

Name _____ Amount enclosed _____ ck # _____

E-mail address _____ Phone _____

Credit card # _____ expiration date _____ security code _____

Authorized signature _____

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

Please indicate your options: Part I: Refine February 20-21 Part II: Enhance March 27-28 Part III: Create April 17-18 Part IV Articulate May 1-2
 \$750 for all 4 modules if paid in advance (a savings of \$130) \$795 for all 4 modules if paid after February 5 (a savings of \$85)
 \$220 for each 12 ½ -hour module if paid individually

Housing as available: \$25 per night per person; dorm style in the studio \$45 per night per person; three to a room on the 4th level
 \$45 per night per person semi-private room on the 4th level \$60 per night per person; private room on the 4th level

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

Any cancellation forfeits a \$45 administration fee per module or \$75 administration fee for package of all 4 modules.

Any cancellation made less than 24 hours prior to the start of each module forfeits the full registration fee.