

# Jamie Allison

## The Deeper the Roots, the Sweeter the Fruit: Invest in your Practice and Savor your Life

July 30-August 1, 2010 ✨ The Atma Center, Cleveland Heights, OH  
Anusara® Yoga Multi-Level Workshop and Therapy Training

Please join Jamie and Justin Allison for this transformational weekend of yoga. 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. Together we'll delve into the Universal Principles of Alignment™ in a way that makes them accessible for everyone. The Principles offer the methodology for bringing meaning to every moment on and off the mat.

### Schedule:

**Friday, July 30:** 9-11:30 AM **Therapy Class** for issues of the hips, low back, knees, feet and ankles.

**Friday, July 30:** 2-4:30 PM **Therapy Class** for issues of the neck, shoulders, elbows and hands.

**Friday, July 30:** 6-7:30 PM **Dharma Talk and Meditation:** Embracing the Blessing of Embodiment - The Anusara® Yoga Universal Principles™ of Alignment hold the key to skillful and artistic living.

**Saturday, July 31:** 10 AM-12:30 PM **All Levels:** Opening the Heart and Stepping into the Fullness of Your Life - a full spectrum class sequenced for back bending.

**Saturday, July 31:** 2-4:15 PM **All Levels:** Pausing to Reflect - a quieting class of hip openers, forward bends, twists, pranayama and meditation.

**Saturday, July 31:** 4:30-5 PM **Chanting Maha Mrityunjaya Mantra** for healing - (no fee for this class)

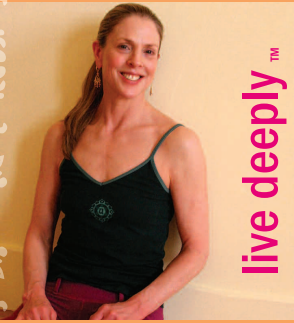
**Saturday, July 31:** 5-6 PM **Kirtan** with Justin Allison. Justin will lead us on this call and response devotional chanting to the Divine in all creation.

**Sunday, August 1:** 10:30 AM-1PM **Intermediate/Advanced Guided Practice** Jamie will be practicing with you while keeping a watchful eye on everyone, offering guidance and modifications and tons of encouragement and play.

**Sunday, August 1:** 2:30-5 PM **How to Observe and Enhance a Pose.** Learn what to look for (biomechanical landmarks) and how to verbally and manually refine your students' experience. This class is designed for teachers and anyone who wants more clarity on refining their asana practice.

**Information:** Atma Center [www.atmacenter.com](http://www.atmacenter.com) or 216-371-9760

**Cost:** \$240 17.5-hour weekend workshop paid by July 15, \$265 paid after July 15  
\$75 5-hour Therapy Workshop, \$90 if paid after July 15  
\$15 Friday evening Dharma Talk and Meditation  
\$70 4.75-hour All Levels Workshop paid by July 15, \$85 after July 15  
\$10 Kirtan  
\$40 Intermediate/Advanced Class if paid by July 15, \$50 if paid after July 15  
\$45 Teacher's Class How to Observe and Enhance a Pose if paid by July 15, \$55 if paid after July 15



live deeply™



Justin Allison has been studying with Jamie and John Friend since 1995. He received his Anusara 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.

Workshops, Immersions, Teacher Trainings and Retreats

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

### Registration form: The Deeper the Roots the Sweeter the Fruit

Name \_\_\_\_\_ amount enclosed \_\_\_\_\_ ck# \_\_\_\_\_  
Email address \_\_\_\_\_ phone \_\_\_\_\_  
Credit card # \_\_\_\_\_ expiration date \_\_\_\_\_ security code \_\_\_\_\_  
Card billing address \_\_\_\_\_ Zip \_\_\_\_\_  
Authorized signature \_\_\_\_\_

Please mail your registration form, payment information or check made out to Atma Center to **Atma Center 2319 Lee Road, Cleveland Heights, OH 44118.**

**Please indicate the classes you are attending:**  \$240 17.5-hour weekend workshop paid by July 15  \$265 17.5-hour weekend workshop paid after July 15  
 \$75 5-hour Therapy Workshop paid by July 15  \$90 5-hour Therapy Workshop paid after July 15  \$15 Friday evening Dharma Talk and Meditation  
 \$70 4.75-hour All Levels Workshop paid by July 15  \$85 4.75-hour All Levels Workshop after July 15  \$10 Kirtan  
 \$40 Intermediate/Advanced Guided Practice paid by July 15  \$50 Intermediate/Advanced Guided Practice paid after July 15  
 \$45 Teacher's Class How to Observe and Enhance a Pose paid by July 15  \$55 Teacher's Class How to Observe and Enhance a Pose paid after July 15  
**Individual classes:**  \$50 Friday 9-11:30 AM Therapy Class  \$50 Friday 2-4:30 PM Therapy Class Saturday  
 \$50 10 AM-12:30 PM All Levels Saturday 2-4:15 PM All Levels  \$50 Saturday 2-4:15 PM All Levels

Any cancellations forfeit a processing fee of \$40 and must be received in writing by mail or e-mail.  
Any cancellation made after closing at 8 PM, Wednesday, July 28, forfeits the full amount paid.