

Jamie Allison



Spring Newsletter

March 2009



jamieallisonyoga.com

2009 Schedule

at Ananda Tandava
Retreat Center in
Howard, Colorado
and around the Unites
States
with Jamie and Justin
Allison certified Anusara
Yoga Instructors

March 13-15
Grand Rapids, MI

Dear Fellow Seekers on the Path,

I hope this day delights your heart, inspires your imagination and lights a fire in your soul! A pretty tall order, but what if every day was just like that? I, for one, would be thrilled. I think we all recognize that this kind of enthusiasm doesn't just happen. We have to work at it if we want it.

Paradoxically, joy is our birthright. It is, in fact, the very ground of Being from which we have arisen. Why, then, is it so hard to sustain this joy? We need contrast to revel in the brilliant moments and to truly appreciate the sacredness of this life. We are a part of a very clearly defined mission. The Sacred Supreme is seeking to know Herself. She is eternally Blissful, Perfect and Full, Purnatva. In the realm of the Absolute there is no contrast. She needs us to know Herself.

When you are having that not quite right or down right lousy day, pause in the midst of your misery and allow yourself to remember this. This dark cloak you are wearing is your gown of initiation. It was fashioned just for you to help you to awaken to the wonder that only you can be and only you can recognize and offer.

Your sorrow may hold the keys to your greatest joy. Your frustration may be pointing you to fulfillment beyond your wildest dreams. If you don't like the "garment" you are wearing today, ask how you might change it. What steps can you take to be "dressed for dancing"?

This letter was inspired by the sweet song of the first red-winged black bird to arrive at Ananda Tandava. She did not arrive on a glorious

Grand Rapids, MI
From the Heart Yoga
Center

Contact: [Behnje or Rick](#)
616-336-9642

March 28-April 4

Ananda Tandava
Retreat Center, Howard,
CO

Part I of 108-hour
Immersion

Contact: [Jamie Allison](#)
719-942-5452

April 24-26

Farmington Hills, MI

Contact: [Katherine
Schaefer](#)

May 15-17

Ananda Tandava
Retreat Center, Howard,
CO

Seva Retreat: Unfurling
the Wings of the Heart

Contact: [Jamie Allison](#)
719-942-5452

May 22-24

Denver, CO
Vital Yoga

Contact: [Vital Yoga](#)
303-477-8545

June 13-20

Ananda Tandava
Retreat Center, Howard,
CO

Part II of 108-hour
Immersion

Contact: [Jamie Allison](#)
719-942-5452

June 26-28

St. Louis, MO
Southtown Yoga

Contact: [Brigette
Niedringhaus](#)

314.353.1004

July 23-27

Ananda Tandava
Retreat Center, Howard,
CO
Rajanaka Camp West

bird to arrive at Ananda Tandava. She did not arrive on a glorious spring-like day. She blew in on a terrific wind that has been shaking the house all day. She arrived alone, with the dark clouds and the threats of more winter weather. She arrived to remind me that even when things look dark, even when the cold chill of winter is hanging on, Spring will arrive. Insistent, demanding, look-at-me Spring will come through for all of us. This is Nature's promise and she has never let us down.

Make your promise to Nature. Try to offer your best everyday. Find something to cherish in every moment, even the darkest moments, for they may hold the greatest treasures.

Do I do this everyday? I wish I could honestly say yes, but I can't. I wrestle with my demons. I cry my tears of sorrow. Then nature taps me on the shoulder or hits me over the head, which ever is most effective, and says, "wake up!" the world is waiting. Yes, the world is waiting. Waiting for each one of us to open to Grace, to decide how we will engage in this blessing of life. Asking how we will refine this gift and then offer it.

The Universal Principles of Alignment™ of Anusara Yoga® have gifted me this template for living. Anusara Yoga® offers an anchor in the storm. These teachings are a path to the heart. Your heart is your personal north star and will guide you to safe harbor and allow you to navigate the seas of life in all types of weather.

It is my delight to share the deeper meaning behind those things of value. To that end I extend an invitation to you to join me for my 108-hour Immersion at Ananda Tandava Retreat Center. Ananda Tandava is located in the Arkansas river Valley, surrounded by breathtaking views of the Sangre de Cristo Mountains.



Coming together in the beauty and quiet of nature allows us to go deeply into our studies while having time to relax and assimilate. We

5-day retreat, Love, Lust and Ecstasy, with Dr. Douglas Brooks and Jamie Allison
Contact: [Jamie Allison](#)
719-942-5452

August 21-23
Columbia, MD
Yoga Center of Columbia
Contact: [email](#) 410-720-4340

September 18-20
Ananda Tandava
Retreat Center, Howard, CO
Autumn Equinox Seva Retreat
Contact: [Jamie Allison](#)
719-942-5452

October 3-10
Ananda Tandava
Retreat Center, Howard, CO
Part III of 108-hour Immersion
Contact: [Jamie Allison](#)
719-942-5452

October 23-25
Pueblo, CO
Contact: [Marcee Gutman-Ballantyne](#)
719-543-1765

November 6-8
Herndon, VA
Contact: [Health Advantage Yoga Center](#)
703-435-1571

November 28
Ananda Tandava
Retreat Center, Howard, CO
5-hour All Levels Workshop
Contact: [Jamie Allison](#)
719-942-5452

December 18-20
Ananda Tandava
Retreat Center, Howard,

will share meals, our insights and experiences.



Creating a Kula, we support each other's growth and foster a sense of camaraderie. Allow your understanding of Anusara Yoga to grow. Use this opportunity to prepare for Anusara certification or simply to empower yourself and deepen your human experience.



CO
Winter Solstice Retreat
Contact: [Jamie Allison](mailto:jamie@jamieallisonyoga.com)
719-942-5452

*If you are in the neighborhood!
Intermediate/Advanced guided practices at Ananda Tandava Retreat Center, Howard, CO*

February 8
March 8
April 19
June 7
July 19
August 15,
Birthday Bash
September 6
October 18
November 15
December 6

*Please note all practices take place on Sunday except August 15, which is a Saturday
Please register in advance as lunch is included in your payment.*

In order to ease the financial burden I am offering a payment plan. Each session of the immersion needs to be paid for prior to the start of that session, and can be paid in two installments each. The breakdown looks like this:

\$806 due by March 25
\$734 due by June 10
\$662 due by Oct 1

There are some on site housing options and limited work/study programs. Please inquire about these. The Anusara Yoga® Universal Principles of Alignment™ offer us a template for auspicious living. The better we are able to navigate that template the better able we are to deal with what life brings to us. Even better, is having the template and good friends to help ease the journey when it is hard and celebrate the journey when it is delightful. I look forward to you being a part of this Kula we will create when we study, play, eat, laugh and work together.

The details follow, or visit www.jamieallisonyoga.com and click on the "Workshop" page.

Coming July 23-27, 2009 Rajanaka Camp West: Lust, Love and Ecstasy, A Tantric Life in Relationship with Dr. Douglas Brooks. Please visit the web site for details and mark your calendars!

Celebrate the wonder of you,

Love all ways,

Jamie

Contact Jamie Allison: jamie@jamieallisonyoga.com or
jamieomzone@aol.com
www.JamieAllisonYoga.com