August 2010

jamieallisonyoga.com

2010 Schedule:

August 20-22
Columbia, MD
Yoga Center of
Columbia

September 9-12
Howard, CO
Ananda Tandava
Retreat Center
Anusara® Yoga
Advanced Intensive

Dear Travelers on the Path,

The year has turned toward the golden light of late summer. Welcome to the sunflower time of year. Mercurial, jewel colored dragonflies dance in unison across the surface of the pond assuring future generations. The evenings are cooler and the mornings are quieter. Spring's frenzied cacophony has settled into fewer notes.

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Choke cherries hang heavily from the branches.

Rose hips are getting plump in the sunlight as they soak up the golden rays and turn them into nourishment that will sustain many birds throughout the coming winter months.

The fawns frolic in our meadows unconcerned with the shifting seasons. They are new, they can run like the wind and they are pure joy embodied!

The last few days have found us drenched in delicious rain. Low clouds are suspended over the Twin Sisters and the cool snap in the air invites wistful longings and sweet memories.

During the past few weeks a dear friend on the path of Anusara has been posting Inner Harmony Retreat Center photo albums on Facebook. What a treasure house of fond memories has come brimming forth! My first time at Inner Harmony (John and Lynn Epert's Retreat Center near

Brianhead ski area in southwest Utah) was in September of 1996.

My husband Justin and I had just gotten married. We decided a workshop with John Friend, who I had been studying with since 1994, would be a wonderful honeymoon experience. The drive to Inner Harmony was quite the adventure. There is something about driving through southwest Utah that makes you think you have landed on the moon. The rock formations are truly out of this world. It is a moonscape!

One of my favorite parts of the drive was the last 8 miles heading up the dirt road to the entrance of Inner harmony. Back and forth around tight turns we'd go until we caught the first glimpse of Inner Harmony. The metamorphosis of Inner Harmony, and myself, that would take place over the 9 years that I attended workshops there with John Friend was incredible. If anyone had a request, John and Lynn Epert made it happen. What a haven at 10,000 feet they created.

In those years being a part of a group of 30 was not unusual. The numbers eventually expanded to room capacity, 55. Imagine having John Friend, Krishna Das for Kirtan, often morning and evening, and our very best friends together for a week or two or three exploring the practice evermore deeply! When I think of Inner Harmony my memories are so rich and so full. I am eternally grateful to Lynn and John Epert for having created that sanctuary for learning, fun, friendship and some of the best food ever.

When Inner Harmony closed in 2004 it was truly the end of an era. I think there are some of us who'd love to step back into that intimate setting and delve deeply into the unfolding of our hearts that happens in just such a setting. I'm not saying that we have to be on top of a mountain, surrounded by nature's astonishing beauty and share meals with our friends and join our voices in Kirtan, but it doesn't hurt!

Yes, a flood of memories returned when I opened the Inner Harmony photo albums posted by my friend. One treasure that came to be appreciated more and more over the years was the half-day on Wednesday of every weeklong retreat. We'd get up early do a rockin' asana practice, have a fantastic breakfast and then load up into vans and venture out to Bryce Canyon or Zion National Park. These were long and amazing days. As the years went by and you had done every hike possible, Angels Landing, Jade Lake, the Narrows, to name a few, some of us opted to stay behind and enjoy the quiet solitude of Inner Harmony with just a handful of friends.

The restful afternoons turned to friends doing yoga together, turned to John Friend staying and doing a practice for himself, turned to many of us doing a guided practice with John which turned to the best day ever! Yes, a guided, up-tempo, rock and roll practice with John. My heart is smiling as I remember.

The experience of an intimate setting and the possibility of gathering with dedicated souls to explore the rich and vast offerings of yoga has been a wistful longing since the Inner Harmony days. It is also the inspiration behind the creation of Ananda Tandava Retreat Center.

This September we will be offering, for the first time, an Advanced Intensive. This 4-day retreat is scheduled for September 9-12, (click here for flyer). Our days will consist of two 3-hour asana classes, all your meals, and time for conversation, contemplation and enjoying the last honey drenched days of summer. I'll be leading our practices and together we will go to the next level of understanding, expertise and expanded joy.

If you have a strong understanding of the Anusara® Yoga Universal Principles™ of Alignment, the ability to apply them to all categories of poses, are able to kick up into handstand and Pincha Mayurasana at the wall and can do Urdhva Danurasana (wheel) by yourself, this retreat is for you! If you desire more freedom in your practice, more joy in your heart and a deeper understanding of skill in action, invest in this opportunity. We will have a blast! If taking 4 days out of your life is not a good fit, please contact me at jamieomzone@aol.com to find out about truncated options for this workshop. The early bird price break has been extended to September 2.

Dedicated students of yoga, please mark your calendars for October 8-10. Anusara® Certified teacher and scholar Cindy Lusk will be guiding us through the Yoga Sutra of Patanjali. (click here for flyer) Cindy has been practicing yoga since 1985. She has studied extensively with John Friend and Richard Freeman. She has been teaching in Boulder and nationally since 1994. She is an avid student of philosophy and has studied with Dr. Douglas Brooks and Paul Muller-Ortega. The Yoga Sutra holds great wisdom. This time honored wisdom will be made accessible and pertinent as it is offered and revealed through Cindy's teachings.

If you haven't signed up for the Anusara Grand Gathering in Estes Park, please do so immediately. You won't want to miss this illuminating experience. Click here to register.

With a desire to deepen our connection to all that is meaningful and valuable we created Ananda Tandava Retreat Center. To keep the vision growing we invite you to come and sit near by, engage in the conversation of yoga and expand the boundaries of what is possible.

With great love and remembrance,

Jamie

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