

Jamie Allison



November 2010



jamieallisonyoga.com

2010 Schedule:

December 10-12
Howard, CO
Ananda Tandava
Retreat Center
Winter Retreat

2011 Schedule:

January 8, 2011
Buena Vista, Colorado
[Download Flyer](#)

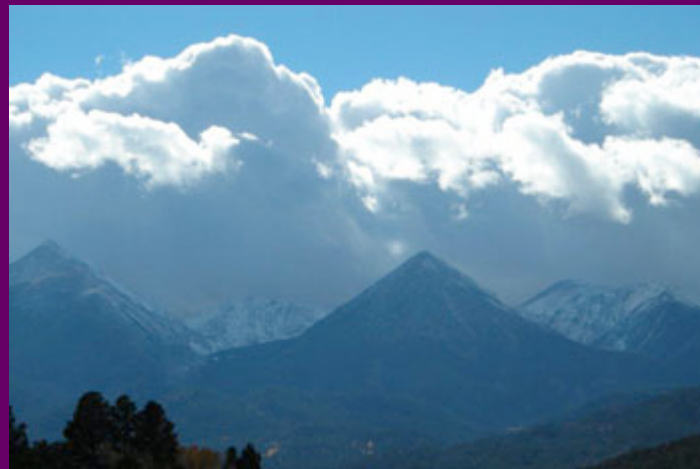
January 21-23
Vital Yoga
Denver, Colorado

Offering Gratitude

"If the only prayer you say in your life is thank you, that would suffice."
- Meister Eckhart

Dear friends on the path of awakening,

As 2010 draws to a close and we move toward 2011 it is a poignant time to look back and take stock of what has been. I think of all the great hearts and spirits I have met this year, of the yoga and conversation we have shared, of all the opportunities to learn and to grow. Because of your presence in my life, my heart pours forth with the sincerest gratitude.



Denver, Colorado

50-hour Teacher
Training
Ananda Tandava
Retreat Center
Howard, Colorado
Available in four 2-day
modules or two 4-day
modules:

Four 2-day modules:
February 12-13, 2011
Part I - Refine
March 26-27, 2011
Part II - Enhance
April 16-17, 2011
Part III - Create
May 7-8, 2011
Part IV - Articulate

Two 4-day modules:
March 24-27, 2011
Parts I & II -
Refine & Enhance
May 5-8, 2011
Parts III & IV -
Create & Articulate

100 hour Anusara®
Yoga Immersion
Ananda Tandava
Retreat Center
Howard, Colorado
[Download Flyer](#)
April 7-11, 2011 -
Defining Anusara Yoga
June 2-6, 2011 -
Entering into the
Heart of the Practice
August 25-29, 2011 -
Living Your Yoga

March 4-6, 2011
Costa Rica

March 12, 2011
Salida, Colorado

March 18-20, 2011
Grand Rapids,
Michigan

April 29-May 1, 2011
Farmington Hills,
Michigan



There are dear ones in my life I have not seen this year. I hold you in my heart and you are always with me. I settle on my mat to offer the invocation and you are there chanting with me. This path of yoga that we share keeps us forever connected and close.

"Life is a gift. You don't earn it, you don't deserve it and you can't pay it back. What you can do is offer gratitude" Dr, Douglas Brooks.

This is one of the first pearls of wisdom that washed upon my shore when I first met Douglas Brooks many years ago. I find it to be an invitation and an opportunity to contemplate the blessings of embodiment on ever deepening levels.

There are so many ways to say thank you, so many gestures we can offer. Can we take it further and create a life that becomes a Mudra of Gratitude? It really isn't that complicated and most of us are already doing it. Can we become more skillful and more aware of our offerings?

"Every day's a holiday, that's great!" John Friend.

I was assisting John at the Mid West Yoga Conference several years ago when I heard him speak these words. He was up on stage in front of several hundred students, many of whom were new to Anusara® Yoga. His bubbling enthusiasm and infectious delight permeated the room and each student. As he encouraged the whole room to repeat this short phrase and throw their arms open, each individual lit up with the Universal light in their heart. John touched the heart of radiant joy in each student and automatically, each was doing "inner body bright, side body long and shoulder loop" perfectly!

Inner body bright is far more than an alignment instruction. It is far more than a shrug from the outer body that lengthens the sides of the body. It is the joyful enthusiasm of the heart just waiting to be expressed. I love the word enthusiasm. Its root is from the Latin, en Theos, god within.

What's the easiest way to find this joy? Gratitude. Look back at what you treasure. Take stock of what you hold in your heart. Remember all the

June 10-12, 2011
Ananda Tandava
Retreat Center
Howard, Colorado
Weekend of Ayurveda
and Yoga with
Cate Stillman

June 24-26, 2011
YogaVeda
Greenwood Village,
Colorado

July 8-10, 2011
Ananda Tandava
Retreat Center
Howard, Colorado
Weekend of Flower
Essences, Yoga and
Chanting with
Ellin Todd

July 14-18, 2011
Ananda Tandava
Retreat Center
Howard, Colorado
Rajanaka Camp
West with Dr. Douglas
Brooks

August 4-7, 2011
Ananda Tandava
Retreat Center
Howard, Colorado
4-Day Anusara Yoga
Therapy Training

September 23-25, 2011
Durango, Colorado

September 30-
October 2, 2011
Flagstaff, Arizona

October 14-16, 2011
Ananda Tandava
Retreat Center
Howard, Colorado
Weekend of Philosophy
and Yoga with Cindy
Lusk

November 10-13, 2011
Ananda Tandava
Retreat Center

people and events that have brought you to this moment and see if you don't naturally expand from the inside out.

This joyful expansion is spirit rising in us in Her most delightful and blissful way. Do we ignore this inner reminder of who we are or do we align in a way that allows this joy to expand?

To me the most tangible way to offer gratitude is through alignment. Optimal alignment allows life to flow through us in optimal ways. This is the most powerful way of "saying Yes! to life" Saying "Yes" to life is an acknowledgement of the gift of this life. Saying, "Yes," indicates that we know what we do matters. How we choose to live the blessing of this life has profound and far-reaching effects.

How do you live?



Nature is always and never the same. The seasons cycle, the moon goes through her phases, the river flows, the waves on the ocean rise and fall, our breath rises and falls, day turns to night and back to day. Is this a vicious cycle or the opportunity to enter into a recursive process?

Life is a river that flows through us, as us. How do you navigate this current? Do you add or detract? Life is a gift and the capacity to skillfully embrace change transforms a vicious cycle into a recursive process. We can be carried by the current, even held captive by the current, Samsara, or we can co-create and be an asset to the current, Anusara.

This sacred time of year offers a pause to reflect. Time even seems to stand still, Solstice, so we can remember and embrace what has been, so we can create what we desire. This is the perfect time of year to gather at Ananda Tandava Retreat Center for our Winter Retreat December 10-12, 2010

Howard, Colorado
4-day Advanced
Anusara Yoga Intensive

December 9-11, 2011
Ananda Tandava
Retreat Center
Howard, Colorado
Winter Retreat

Please visit [my website](#)
for contact information
and flyers, as available,
for these workshops



Enter into the heart of the darkness and reclaim your eternal light. Use this sacred time "in-between-time" as a portal to your truest self. Reflect upon what has been and what you envision for yourself, your family, community and the world. Use your power to manifest a life affirming future for yourself and future generations. We can't wait any longer. We can't ignore the call. ([click here for the flyer](#)) The early price deadline has been extended until December 3. Please mention "newsletter special" when you register.

For Jamie's 2011 workshop schedule at Ananda Tandava Retreat Center and guest teachers at Ananda Tandava Retreat Center, please [click here](#) or visit the web site www.jamieallisonyoga.com. Jamie's 2011 national workshop schedule is available on the web.

Love and blessings offered today and always to you and yours.
Happy holidays,
Jamie

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