

# Jamie Allison



January 2011



[jamieallisonyoga.com](http://jamieallisonyoga.com)

#### 2011 Schedule:

January 8, 2011  
Buena Vista, Colorado  
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January 21-22  
Vital Yoga  
Denver, Colorado  
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**50-hour Teacher Training**  
Ananda Tandava  
Retreat Center Howard,  
Colorado

#### A New Year, a paradigm shift

Entering into the new year, we pause to look back at what has been. Sometimes we are warmed by sweet memories that fulfilled our expectations. All too often we dwell on the things that didn't quite measure up to our hopes. What we have forgotten is that everything is perfect. Perfection is not an unattainable state we strive for, it is who we are. All of our experiences are fleeting, held in time and space, offering perfect markers for our lives as long as they have meaning.

We all have the opportunity to be anchored in the fullness of time or be at the mercy of a ticking clock that seems to be moving faster. Can we find a way to have enough time to savor the moments? Can we create meaning and value? We can if we follow nature's way and reclaim our infinite Self. Nature exists fully as herself, perfect in every moment. No regrets, no "if only". She does not dwell on how She wished things could have been. She is always perfect and so are we!

It is human nature to reduce oneself to a list of things we don't like, or can't do, or regret, or wish we had, did or could be. This is a reductive strategy and is diametrically opposed to Nature's Way.

Nature holds the ancient pattern and the rhythm of life. She knows when to go dormant and rest, when to surge forth with new growth and when to revel in her fullness. Throughout the cycle, there is no clinging. Instead, the fullness of the perfection of each moment is recognized by a deep intelligence.

Nature's Way is an embryonic strategy, one that keeps offering the opportunity for more. Our intention is to make the "more" we are offered

Colorado  
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*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

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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 12, 2011

Salida, Colorado

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March 18-20, 2011

Grand Rapids,  
Michigan

April 29-May 1, 2011

Farmington Hills,  
Michigan

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

opportunity for more. Our option is to make the "more" we are offered, better. Our only limitation is our capacity to imagine and envision. How many facets or phases, of you, do you want to grow? How many experiences do you want to have? How much of your potential do you want to manifest? It truly is up to you and your heart's desire.

Dr. Douglas Brooks has often said; "we are perfectly broken in a perfectly crooked world". I realized in a very profound, life changing moment, how much of human nature is caught up in the "broken and crooked" part of that statement. Our fear invites us into the reductive list of how we describe ourselves, and our experiences. It is Love that allows the horizons of our perfection to expand infinitely.



The moon is the reflection of the sun. The sun can be referred to as Prakasha, the Source of Light. The sun is full and complete, yet we cannot look directly at the sun, so we are drawn to contemplate the moon. She offers herself as a reflection of the Source. Her emerging light appears in a broken and crooked fashion. She moves through phases. Sometimes she appears full. At other times she seems to disappear. Totally absorbed by the sun, isn't the moon at her most luminous? The moon is always and never the same. She is Vimarsha Shakti, the reflected light of Source. Each one of us is the reflected light of Source.

Upon gazing at the moon, no matter what phase she is in, I can't imagine ever finding her crescents and quarters any less beautiful than her full moon phase. She is a part of something greater, as are we. No matter how much of her is concealed in the night sky, she is still completely full.

Ellin Todd

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

July 22-24, 2011  
Edwards, Colorado

August 4-7, 2011  
Ananda Tandava  
Retreat Center  
Howard, Colorado  
4-Day Anusara Yoga  
Therapy Training  
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August 19-21, 2011  
Yoga Center of  
Columbia  
Columbia, MD

September 16-18, 2011  
Pueblo, Colorado

September 23-25, 2011  
Durango, Colorado

October 1-2, 2011  
Grand Junction,  
Colorado

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

October 21-23, 2011  
The Shop  
Park City, Utah The  
Shop

November 10-13, 2011  
Ananda Tandava  
Retreat Center  
Howard, Colorado  
4-day Advanced  
Anusara Yoga Intensive

December 9-11, 2011



During the talent show on the last night of the Anusara Yoga Grand Gathering in Estes Park, I received a great insight, dare I say awakening. The insight came as a cumulative effect of the great teachings I received daily from John Friend, Dr. Douglas Brooks, Sally Kempton and truly from anyone with whom I had an exchange.

In the pre-dawn hours of the morning following the Grand Gathering talent show I realized why witnessing the youthful talent on stage had such a profound effect on me. I remembered Douglas' words, "we are perfectly broken in a perfectly crooked world". My heart reminded me, everything is an emanation of Perfection. The entire manifest world has grown from a perfect Source. Everything is perfect. What I was able to embrace and take to heart was how one's perspective on the "perfectly broken and perfectly crooked" makes all the difference.

I believe that it is human nature to subtract the "perfectly" and focus on the "broken and crooked". This is the typical paradigm. Both John Friend and Dr. Douglas Brooks have turned this upside-down, with the seemingly simple, yet very powerful, encouragement to "look for the good" JF, and to "be who you want to be in the future, now" DB.

On stage, the night of the talent show, I witnessed what the paradigm shift can look like. The beauty and talent offered, without hesitation or reservation, revealed what life looks like when we focus on "perfectly broken and perfectly crooked" instead of simply "broken and crooked".

To be a broken part of one, singular, perfect Source, gives rise to perfect diversity. A crooked emanation of light from the Source gives perfect perspective, contrast and the capacity for true knowledge and understanding. The singular Source of manifesting energy chooses to "break" itself to bring about diversity. This same Source chooses to bend its light, to create time and space, so that diversity can be experienced.

I am striving to shift my perspective of "broken and crooked". Broken and crooked do not indicate a fault or a problem. All creation is perfectly broken and perfectly crooked with deep order and reason. It is my deepest desire to shift the paradigm of my experience and change my world by looking at life from this new vantage point. It takes effort and

Ananda Tandava  
Retreat Center  
Howard, Colorado  
Winter Retreat

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

constant remembrance to embrace this way of looking at the world. This shift was inspired by the collective fullness of "this is me, this is what I do, this is what my heart urges me to do without apology" that emanated off the stage and into the audience that last night of the Grand Gathering.



One never knows when the deepest and most profound truth may reveal itself. Will you join me in this quest to remember our collective perfection? Can we shift the paradigm so deeply that we cannot forget? When we gather together we have each other to reflect our perfection. A new day is dawning. Dream big in this new year and place your heart into those endeavors that speak to your truth. This vision holds greater power when it is experienced collectively. I hope you will join me.

The following events are being offered at Ananda Tandava Retreat Center in 2011. One of the most important mission statements behind the creation of Ananda Tandava is to provide a place to gather with good company. This can't happen without you!

## **2011 Ananda Tandava Retreat Center Events**

*Trainings with Jamie Allison*

### **50-hour Teacher Training**

Two 4-day modules:

March 24-27 Parts I & II - Refine & Enhance ([download flyer](#))

May 5-8 Parts III & IV - Create & Articulate  
(Individual, 2-day modules can be taken as well)

### **100 hour Anusara® Yoga Immersion ([download flyer](#))**

April 7-11 - Defining Anusara Yoga

June 2-6 - Entering into the Heart of the Practice

August 25-29 - Living Your Yoga

August 4-7 4-Day Anusara Yoga Therapy Training ([download flyer](#))

November 10-13 4-Day Advanced Anusara Yoga Intensive

December 9-11 Winter Retreat

### **Workshops with Guest Teachers**

nd of Ayurveda and Anusara Yoga with Cate Stillman  
of Flower Essences, Yoga and Chanting with Ellin

Yoga Camp West with Dr. Douglas Brooks and Jamie

Weekend of Philosophy and Yoga with Cindy Lusk

### **Weekly Class Schedule**

July 23

AM: Continuing Anusara Yoga. This class will be for students who have taken at least one Introduction to Anusara Yoga series. We will continue to build our understanding of more challenging poses.  
Drop-in fee \$14 per class

PM: Anusara Yoga Advanced Guided Practice. This class is for students with a strong understanding of the Anusara Universal Principles of Alignment™ and the ability to apply them to a wide variety of poses. This 3-hour class will build strength, stamina and balance. Please be able to kick up, at least with assistance, into handstand and Pincha Mayurasana (Wheel) unassisted.  
Drop-in fee \$25 per class.

PM: Introduction to Anusara Yoga. This 7-class series will progressively teach the Anusara Yoga Universal Principles of Alignment. These classes are taught progressively. This series can be used to deepen your knowledge and understanding.  
Drop-in fee \$14 per class

### **Practices**

9-noon

10: 9-noon

11: 9-noon

12: 9-noon

(This class can be used as a make up class for missed Anusara Practice classes)

### **Notes**

If you have an injury, chronic or acute pain, your needs may vary from a weekly class. Often, to create a shift, one-on-one instruction is needed. Jamie has been successfully teaching Anusara Yoga Universal Principles of Alignment for over 15 years of therapeutic practice.

1-hour sessions: \$210

1/2-hour sessions: \$300

For clients with very similar physical issues, a group session

1-hour sessions: \$160 per person

1/2-hour sessions: \$225 per person

To schedule an appointment please call 719-942-5452 or e-mail [jamieomzone@aol.com](mailto:jamieomzone@aol.com)

Jamie Allison and Ananda Tandava Retreat Center are available for your private retreat. Plan a day, a weekend or a week. Enjoy the intimate atmosphere and the excellence of a highly skilled, highly trained teacher. Come alone or plan a retreat with your friends. Please call 719-942-5452 for schedule, housing and menu options.

Classes, retreats, workshops, immersions, teacher trainings, therapy trainings, therapy privates, life changing experiences!

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