

# Jamie Allison



Spring Newsletter

April 2010



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

2010 Schedule:

April 9-11  
Durango, CO

April 17-18  
Howard, CO  
Ananda Tandava  
Retreat Center  
12-hour Anusara® Yoga  
Teacher Training: Part  
III Create

April 22-26

Dear Fellow Seekers,

Warm, spring time greetings from Ananda Tandava Retreat Center. Winter's biting wind is slowly transforming itself into a soft caress. Warm sunshine lures us outside for a brief reprieve before we are once again buried in snow. This time of year it is a ground drenching snow. It is the perfect blessing of moisture that lures the tiniest shoots from the thawing earth and offers the robins the opportunity to feast upon the awakening earthworms. The ground is saturated, fertile and waiting.



*Winter melts into spring*

The insistent trill of the red winged black birds won't allow us to forget spring's promise of growth, renewal and gentle days to come. A few days ago we witnessed the return of the blue birds. A flash of brilliant turquoise blue announced their return as they darted about looking for the perfect nesting place.



*Cherry Creek tumbles forth with delight*

Nighthawks call out to each other getting ready to settle into the business of bringing forth a new generation. Red headed woodpeckers perform their spirited antics looking for food in the bark of our broad leaf cottonwoods. The turkeys are doing their peculiar mating dance, the does are beginning to show visible evidence of the young that will come. The whole natural world is busy propelling itself forward. Life wants to live!

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*Nature's primal call urges Tom Turkeys to strut their stuff*

It is a very full, potent and vibrant time. I am incubating my own type of fullness. I have had the great privilege of attending parts I and II of John Friend's 100-hour Anusara® Immersion. John has standardized the Immersion format. He keeps getting more precise and clear in his delivery of this life affirming, transformational yoga. John is teaching in greater depth at an elevated level of excellence. It is an honor to be in the room with each immersion group while soaking up the teachings.

John often comments that he has been teaching the same material for many years. While this is true, I feel it has become refined and nuanced exquisitely. When I pause I realize that perhaps it is my capacity to receive that has shifted. I am drinking in so much on so many levels.

and  
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With an already very busy schedule, I jumped at the opportunity to study with John in this immersion setting. My intention for this year is to get more in sync with John than I have ever been. I have a deep abiding desire to refine my ability to share the information I have been receiving from him. My mission is to deepen my connection and become entrained with the big energy streaming so seamlessly through my teacher.

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Into the fertile soil of my heart and mind I have opened to receive and plant the seeds of John's brilliance. The shoots are making their way forth as I plan for part I of my Immersion April 22-26. It is a blessing to pour over my notes and let the information cook and stew. I have been immersed fully in the teachings and have emerged with the desire to share the blessings that have been offered to me. Are you ready to take the plunge? Does your heart desire more? There is no end to the unwrapping of this treasure we call Anusara® Yoga.

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I hope you will join me for my 100-Hour Anusara Immersion. I have been gifted a treasure and it must be shared. Part I of my 100-hour Immersion is April 22-26. Part II will follow in June and we will complete the series in August. I have extended the early sign up discount to April 16. Please

Kula Studio

December 17-19  
Howard, CO  
Ananda Tandava  
Retreat Center  
Winter Solstice Retreat

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

[click here](#) for the flyer with all the details.

We are accepting credit cards and there is still some on-site housing available at the retreat center.

My next upcoming weekend workshop is in Durango, CO April 9-11. Please [click here](#) for the flier.

The 50-hour Anusara® Teacher Training is in full swing. If you are interested in parts three and four there are still a few openings. We will be covering Class Sequencing in part three and Thematic Creation and Weaving in part four. Please [click here](#) for the flyer.

Mark your calendars for my 4-day Anusara® Therapy Training June 3-6, 2010. The Divine is in the details and I love the details. When it comes to making a therapeutic shift for you or a student, precision supports and makes room for the healing. If you have any uncertainties about the Universal Principles of Alignment™, this training will truly shine the light of clarity. Please [click here](#) for the flyer.

Nature will be in full bloom come July. That offers the perfect setting for Ellin Todd's weekend workshop, Into the Bloom Flower Power: Essence, Asana and Chanting, July 9-11. Please [click here](#) for the flyer.

July marks the second anniversary of Rajanaka Camp West. We are blessed and honored to once again have Dr. Douglas Brooks, world-renowned scholar of Tantric Philosophy, in residence. This year's topic is Hanuman's Descent of Grace: The Tantric Practice of Pancamukha Anjaneya, The Yogis of Five Faces  
Rajanaka Camp West sold out last year and it will this year. To avoid disappointment don't delay signing up. Please [click here](#) for the flyer.

There are so many wonderful things happening at Ananda Tandava Retreat Center and around the country. Please visit [www.jamieallisonyoga.com](http://www.jamieallisonyoga.com) for the full retreat center schedule and our national workshop schedule.

Life is a blessing. Love and cherish this life, become an artist of your life and offer without hesitation the treasures of your heart.

In gratitude,

Jamie Allison

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