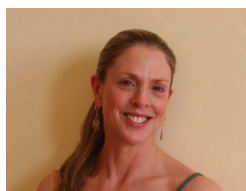


Education & Empowerment; Anusara Yoga® Weekend Workshop

Jamie & Justin Allison

All levels. Friday, August 20 - Sunday, August 22, 2010

PLEASE JOIN JAMIE AND JUSTIN ALLISON FOR THIS TRANSFORMATIONAL WEEKEND OF YOGA.



Jamie Allison is committed to educating and empowering her students through the enlightened teachings of Anusara Yoga® and Rajanaka Tantra. She received her certification in Anusara Yoga® in 1999 and brings to her teaching the wisdom she has gained from her years of study, practice and desire to deepen her investment in yoga and in life. Jamie has been studying closely with John Friend, founder of Anusara Yoga®, since 1994 and Dr. Douglas Brooks, world-renowned scholar of Rajanaka Tantra, since 1998.

Justin Allison has studied with Jamie Allison and John Friend since 1995. He received his Anusara Yoga® Certification in 2002. Justin continues his studies with John Friend and Dr. Douglas Brooks, Rajanaka Tantra Scholar. Justin, a world-class musician and skillful assistant, adds musical ambiance to Savasana and leads Kirtan.

Together, Jamie and Justin, make an unbeatable team.

SIGN ME UP FOR THE FOLLOWING WORKSHOPS (CHECK ALL THAT APPLY):

- Entire Weekend Workshop - August 20 - 22, 2010 \$180 (A Savings Of \$15)**
- Friday, August 20, 6:30pm -9:30pm \$50.00** - Therapeutics for the lower body: (hips, low back, knees, ankles and feet)
This therapeutic portion of the weekend is for all students and aspiring teachers. Understanding the biomechanics of the human form alleviates the guesswork of embodiment. *Can be applied toward Teacher Training hours.*
- Saturday: August 21, 12:00pm – 3pm \$50.00** Entering into the Radiance of the Heart:
A full spectrum class with the focus on back bending.
- Saturday, August 21, 4:00pm - 7:00pm \$50.00** Repose and listen:
A quieting asana class of hip openers, forward bends and twists
- Sunday: August 22, 1:00pm - 3:30pm \$45.00** Therapeutics for the Upper body:
(neck, shoulders, upper back, arms and hands) *Can be applied toward Teacher Training hours.*

Please fill out this form and return with payment to: The Yoga Center of Columbia, Parkridge Plaza Building, 8950 Route 108, Suite 109, Columbia, MD 21045 or fax with credit card info. 410.772.9591. Register at www.columbiayoga.com

Name: _____

Address: _____

Telephone # : (Days) _____ (Nights) _____

E- Mail: _____

Total Amount: _____

Payment Type: (√) Cash Check Visa MasterCard American Express Discover

Acct. No. _____ Exp. Date: _____