

Rajanaka Camp West ✨ July 22-26, 2010

Ananda Tandava Retreat Center, Howard, CO

5-day event with Dr. Douglas Brooks and Anusara Yoga with Jamie Allison



Hanuman's Descent of Grace: The Tantric Practice of Pancamukha Anjaneya, The Yogis of Five Faces

The image of the five-faced form of Hanuman is widespread and popular in India and the West. Pancamukhi, as he is called, appears as Hanuman the monkey, Garuda the griffin, Narasimha the man-lion, Varaha the boar, and Hayagriva the horse, all in a single image. Pancamukhi's traditions and practices, however, are far less widely known, rarely explained, and even more secretly practiced.

We will immerse ourselves in Pancamukha Anjaneya, the Five Faced Son of the Graceful Anjani; learn his stories, the meditations on his complex, beautiful image, and the esoteric mantras that form the heart of his Tantric practice, according to the traditions of Rajanaka Tantra. This great form of Hanuman is a powerful and important access to the treasures of our heart, a way to reflect and expand our self-understanding, to touch the innermost feelings and thoughts that the Tantra invites us to experience. Rajanaka Tantra, a lineage of the south Indian goddess-centered Tantra, holds a special place for Pancamukha.

We will learn these traditions of story telling, meditations upon the image, and the crucial root-mantras that form the foundations of his Tantric practice. No previous familiarity or experience is expected or required. We will plunge deeply and bring Hanuman to life in our yoga practice as a revelation, reflection, and recognition of our own Heart.

Dr. Douglas Brooks is among the world's leading scholars of Hindu Tantrism and the esoteric traditions of the Goddess. He received his Masters and PhD degrees from Harvard University's Center for the Study for World Religions where he studied with several of the world's leading academics of Sanskrit and Indian studies. Dr. Brooks is author of several scholarly books on Hinduism and Tantra. He is currently Professor of Religion at the University of Rochester in Rochester, New York.

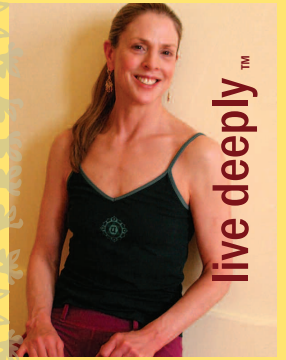
The teachings revealed through our time with Douglas will inspire our asana practice. **Jamie Allison**, certified Anusara Yoga® Instructor, will instruct the asana portion of this weekend. Jamie has been studying closely with John Friend, founder of Anusara Yoga®, since 1994 and Dr. Douglas Brooks, world-renowned scholar of Rajanaka Tantra®, since 1998. Knowledge made tangible in the body takes us to a deeper, experiential understanding and offers us the opportunity to cultivate the skills to savor the blessings of this embodied life.

Schedule: 8-9 am Dharana, 9-10 am breakfast, 10 am-1 pm asana, 1-2 pm lunch, 2:30-5:30 pm lecture
5:45-6:30 pm asana Thursday, Friday and Saturday, Sunday: Potluck and Kirtan with Justin Allison

Cost options: \$745 five-day retreat with asana if paid by July 8
\$795 five-day retreat with asana if paid after July 8
\$545 five-day retreat, no asana if paid by July 8
\$595 five-day retreat, no asana if paid after July 8
\$100 deposit to save your space. Balance due by July 8 to receive the early bird discount.

Location: Ananda Tandava Retreat Center, 1645 County Cork Place, Howard, CO 81233 (13 miles east of Salida)

Contact: Jamie Allison 719-942-5452 jamieomzone@aol.com / www.jamieallisonyoga.com



Workshops, Immersions, Teacher Trainings and Retreats

www.JamieAllisonYoga.com

Registration Form: Hanuman's Descent of Grace

Name _____ Amount enclosed _____ ck # _____
E-mail address _____ Phone _____
Credit card # _____ expiration date _____ security code _____
Credit card billing address _____
Authorized signature _____

Please send your registration form, payment information or check payable to JamieAllisonYoga to: **Jamie Allison 1645 CR 47, Howard, CO 81233**
Indicate your choice of the following options: \$745 five-day retreat with asana if paid by July 8 \$795 five-day retreat with asana if paid after July 8
 \$545 five-day retreat, no asana if paid by July 8 \$595 five-day retreat, no asana if paid after July 8 \$100 deposit to save your space. Balance due by July 8 to receive the early bird discount.

For information on housing options please visit www.jamieallisonyoga.com, Ananda Tandava page

Please note the retreat with asana is limited to 30. The option with asana will be on a first come first served basis.

Any cancellations forfeit a processing fee of \$100. Any cancellations less than 24 hours prior to the start of the workshop forfeit the full registration payment.