

# Jamie Allison

## Anusara Yoga All Levels Workshop: Deepening the Roots of our Wisdom

June 9, 2010 ❄️ Ann Arbor, MI

Please join Jamie and Justin Allison for this one-day event. Jamie 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.

### Schedule:

- 1:30-4:00pm: Mixed Level Back bending. This class will be sequenced to allow access to the deepest part of the heart.
- 6-8pm: Mixed Level Hip opening class. This introspective class of settling and opening will allow heart and mind to connect.
- 8:15-8:45 pm: Kirtan. Justin will lead us in joyful, uplifting sacred chanting

**Location** A2yoga Studio, 2030 Commerce Dr, Ann Arbor, MI 48103

**Contact** Ana Powell 734-216-4006 / [www.a2yoga.com](http://www.a2yoga.com)

**Cost** 5-hour workshop \$75 if paid by May 26, \$90 if paid after May 26  
 2.5 hour class \$50  
 2 hour class \$40  
 Kirtan \$10

Jamie and Justin will also be teaching at:

**Yoga For Life**, June 10 from 5:45-8 pm 1194 S. Lapeer Road Lake Orion, MI 48360.  
Contact: 248-693-9932 / [www.YogaFor-Life.com](http://www.YogaFor-Life.com)

**Farmington Hills, MI**, June 11-13, 2010. Multi Level Anusara Yoga® Workshop and Teacher Training: Elements and Energy, Unveiling the Chakras through Nature  
Location: Mercy Center 28650 Eleven Mile Rd., Farmington Hills, MI 48336  
Contact: Katherine Schaefer [reiki\\_deva@hotmail.com](mailto:reiki_deva@hotmail.com) or call 248-471-6057



live deeply™



Justin Allison has studied with Jamie and John Friend since 1995. He received his Anusara 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 Savasna and leads Kirtan.

Workshops, Immersions, Teacher Trainings and Retreats

[www.JamieAllisonYoga.com](http://www.JamieAllisonYoga.com)

### Registration form: Anusara Yoga All Levels Workshop: Deepening the Roots of our Wisdom

Name \_\_\_\_\_ amount enclosed \_\_\_\_\_ ck# \_\_\_\_\_  
 E-mail address \_\_\_\_\_ phone \_\_\_\_\_  
 Credit card # \_\_\_\_\_ expiration date \_\_\_\_\_ security code \_\_\_\_\_  
 Authorized signature \_\_\_\_\_

Please mail your registration form, payment information or check made out to A2 Yoga Studio, to A2 Yoga Studio 2030 Commerce Dr, Ann Arbor, MI 48103

Please indicate what you are attending:  5-hour workshop \$75 if paid by May 26  5-hour workshop \$90 if paid after May 26  
 \$50 1:30-4:00pm: Mixed Level Back bendi  \$40 6-8pm: Mixed Level Hip opening class  
 \$10 8:15-8:45 pm: Kirtan

Any cancellations forfeit a processing fee of \$30. Any cancellation made less than 24 hours prior to the start of the workshop forfeits the full amount paid