

Jamie Allison

Elements and Energy: Unveiling the Chakras through Nature Multi Level Anusara Yoga® Workshop and Teacher Training

June 11-13, 2010 ❄️ Farmington Hills, MI

Please join Jamie and Justin Allison as we look to Nature to inform us about the vast, energetic world inside of us. "Whatever is on the outside is on the inside and whatever is on the inside is on the outside." Whether you are a beginner or a teacher desiring to fine-tune your skills, there will be something for everyone.

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:

Friday, June 11, Six-Hour Teacher Training: Sequencing for Success

12-3 pm & 4:30-7:30 pm - Offer students optimal opportunities for opening, healing and empowerment.

Saturday, June 12 All Levels

10 AM-1 PM Centered in our core, with a hopeful heart we can open to what is next. A full spectrum class sequenced for back bending

2:30-5 PM Turning our awareness inside allows us to pause and embrace the moment. A quieting class of hip openers, forward bends, twists and Pranayama.

5:15-6 PM Kirtan with Justin, joining our voices, breath and hearts we are open to receive the blessings of each moment and offer a joyful resonance to the Universe.

Sunday, June 13: All Levels

10 am-1 pm Aligned in body, heart and mind we welcome challenges. A full spectrum class sequenced for arm balancing

Sunday, June 13 Intermediate/Advanced Guided Practice

2:30-5:30 PM Guided Practice. Be ready for any and everything! We will rock! Please be able to kick up into handstand and Pincha Mayurasana by yourself and do Urdhva Danurasana with straight arms. Jamie will be practicing with you.

Cost \$235 18-hour weekend workshop paid by May 20, \$265 after May 20
\$120 9-hour All Levels Workshop paid by May 20, \$145 after May 20
\$90 6-hour teaching Training \$45 2 1/2-hour class \$55 3-hour class \$10 Kirtan

Location Mercy Center 28650 Eleven Mile Rd., Farmington Hills, MI 48336

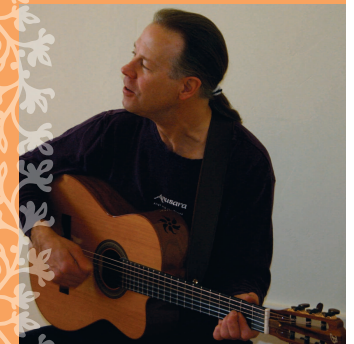
Contact Katherine Schaefer reiki_deva@hotmail.com or call 248-471-6057



Jamie and Justin will be teaching at the following locations as well:
Wednesday, June 10: A2yoga Studio, 2030 Commerce Dr Ann Arbor, MI 48103.
Contact: Ana Powell 734-216-4006 / www.a2yoga.com
Thursday, June 11: Yoga For Life, 1194 S. Lapeer Road Lake Orion, MI 48360.
Contact: 248-693-9932 / www.YogaFor-Life.com



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

Registration form: Elements and Energy: Unveiling the Chakras through Nature

Name _____ Amount enclosed _____ Check # _____
email address _____ Phone _____

Please make checks payable to Katherine Schaefer and mail to Katherine Schaefer 23531 Newell Cr. E., Farmington Hills, MI 48336.

Please indicate the classes you are attending:

<input type="checkbox"/> \$235 18-hour Weekend Workshop, paid by May 20	<input type="checkbox"/> \$265 18-hour Weekend Workshop, paid after May 20
<input type="checkbox"/> \$120 9-hour All Levels Workshop paid by May 20	<input type="checkbox"/> \$145 9-hour All Levels Workshop, paid after May 20
<input type="checkbox"/> \$90 6-hour Teacher Training	<input type="checkbox"/> \$90 6-hour Teacher Training
<input type="checkbox"/> \$55 Saturday 10 AM-1 PM Back bending	<input type="checkbox"/> \$45 Saturday 3-5:30 PM hip openers
<input type="checkbox"/> \$10 Kirtan Saturday 5:15- 6 pm	<input type="checkbox"/> \$10 Kirtan Saturday 5:15- 6 pm
<input type="checkbox"/> \$55 Sunday 10 AM-1 PM Arm balancing	<input type="checkbox"/> \$55 Sunday 2:30-5:30 pm Intermediate/Advanced Guided Practice

Any cancellations forfeit a processing fee of \$35. Any cancellation made less than 24 hours prior to the start of the workshop forfeits the full amount paid.