

# Anusara® YOGA, Jai me Allison & Hot Springs

## Yoga Retreat 2012!!!

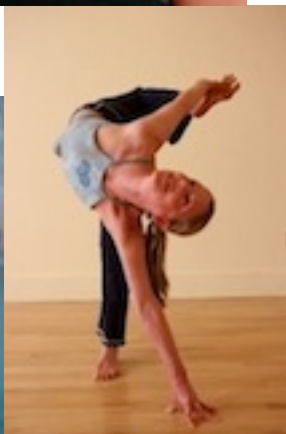
February 3<sup>rd</sup> - 5<sup>th</sup>

Mt. Princeton

Hot Springs

15870 County Rd. 162

Nathrop, CO 81236



*A Magical Weekend Retreat to IGNITE  
YOUR Light for 2012!!!*

**Friday, Feb. 3<sup>rd</sup>**

**5:00pm – 6:00pm**

Dharma Talk

“Opening to Grace”

**6:00pm – 8:00pm**

“Connecting to the Current  
of Grace!”

An ALL LEVELS class with  
standing and supine poses.

**Saturday, Feb. 4<sup>th</sup>**

**9:30am – 12:00pm**

“Falling in Love Again &  
Again!”

An ALL LEVELS class to ‘fall in  
love’ with arm balances.

**2:00pm – 4:30pm**

“Savoring the Gift!”

Settle into the quiet energy of  
the day with  
hip openers, twists, pranayama  
& meditation. ALL LEVELS!

**Sunday, Feb. 5<sup>th</sup>**

**9:30am – 12:30pm**

“Practicing Remembrance,  
Becoming a Mudra of Love!”  
Intermediate guided practice to  
experience the full spectrum of  
what is possible!

## Cost

Early Bird

Full

Weekend by  
Jan. 20<sup>th</sup>!

\$150.00

After Jan.

20<sup>th</sup> Full

Weekend

\$175.00

See individual  
costs for

sessions at the  
blissful bottom!

## “Turning Toward the Light”

You are warmly invited to deepen your practice as we turn toward the light together! At this time of year we feel the first stirrings of the shift toward longer days. Just as the earth is awakening, we too awaken. What is rising inside of you? What speaks to your heart? Join Jai me Allison (certified Anusara Teacher since 1999) for this transformational weekend of yoga. Jai me and her husband own Ananda Tandava, a beautiful Yoga Retreat in Howard, CO. For further information on Jai me and her offerings visit [www.jamieallisonyoga.com](http://www.jamieallisonyoga.com). jalaBlu is very excited to host Jai me Allison in such a magical location at the Mt. Princeton Hot Spring Resort. Ignite your 2012 with a weekend retreat and “Turn Toward YOUR Light!”. Please register for this weekend workshop with jalaBlu at 303.807.5138 or send a check to PO Box 4626 Buena Vista, CO 81211 (Jenna Pfingston). For hot springs and discounted cabins at Mr. Princeton resort call, 888.395.7799 or visit [www.mtprinceton.com](http://www.mtprinceton.com) for resort info. Limited Space for this enchanting weekend!!!

**Please see details of sessions up above! FRIDAY:** 5-6:00pm \$18.00 & 6-8:00pm \$36.00, **SATURDAY:** 9-12:30pm \$45.00 & 2-4:30pm \$ 45.00, **SUNDAY:** 9:30am-12:30pm \$55.00. Also see [www.jalabluyoga.com](http://www.jalabluyoga.com).