

Anusara® Yoga with Jai me* Allison at jalaBlu

*Whenever anyone says Jai me it is a reminder to celebrate the wonder of who they are as an embodied being!

Two Magical Sessions!

'Hearts on Fire'

Sunday, Nov. 27th, 2011

'Open to Possibility'

Sunday, Jan. 22nd, 2012



'Hearts on Fire'

10:00am – 12:30pm

A practice sequenced for back bending. An open heart receives more wonder and offers more love.

'Open to Possibility'

10:00am – 12:30pm

It is a new year, a fresh slate, how do you want to fill in the colors? A guided practice of hip openers and arm balancers.

Intermediate Level!!!



Both practices accompanied by Justin Allison on guitar. Move with live music and invite your soul to dance!

jalaBlu Yoga Studio
Buena Vista, CO
418 N. HWY 24
303.807.5138
www.jalabluyoga.com

“This practice of yoga has opened my body to freedom, my mind to wonder and my heart to love.”

You are invited to join Jai me Allison as she leads you through two Anusara Yoga guided practices. Every time we come to our mats with an intention we awaken to the wonder of life and offer gratitude with each pose and each breath. Jai me has been studying closely with John Friend, founder of Anusara Yoga since 1994 and Dougals Brooks (Rejanaka Tantra) since 1998. Jai me and her husband Justin, have cultivated a beautiful retreat in Howard, CO, 'Ananda Tandava' where they are surrounded by beauty. We are blessed to have them within the sacred space of jalaBlu and celebrate community! **LIMITED SPACE!!!**

more opportunities with Jai me* Allison at www.jamieallisonyoga.com

Early Bird Yogi Cost (3 Days Prior to Date) \$25.00! \$30.00 Late Yogi
Both Magical Sessions Early Bird Yogi (3 Days Prior to First Date) \$45.00