

Jamie Allison

Anusara Yoga® Intermediate/Advanced Back Bending Class: Open your Heart to Spring's Promise of Growth and Renewal

June 10, 2010 ❄️ Lake Orion, MI

Please join Jamie and Justin Allison for this back bending class. Back bending is one of the most transformational categories of poses. Not only are we opening a very powerful and vulnerable energy space in the body, we are offering ourselves to the great unknown. One must cultivate courage, conviction and faith in the process. The process allows our skills to unfold and faith to be reborn as trust.

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.

Time: 5:45-8:30 pm

Location: Yoga For Life, 1194 S. Lapeer Road Lake Orion, MI 48360

Contact: 248-693-9932 / www.YogaFor-Life.com

Cost: \$55

Jamie and Justin will also be teaching at:

A2yoga Studio, June 9, 2010. Anusara Yoga All Levels Workshop:
Deepening the Roots of our Wisdom
Location: 2030 Commerce Dr, Ann Arbor, MI 48103
Contact: Ana Powell 734-216-4006 / www.a2yoga.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 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

Registration form: Anusara Yoga® Intermediate/Advanced Back Bending Class: Open your Heart to Spring's Promise of Growth and Renewal

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 for \$55 made out to
Yoga For Life, to Yoga For Life to 1194 S. Lapeer Road Lake Orion, MI 48360

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.