

ANUSARA® YOGA FUNDRAISER



All levels welcome!

August 13, 2011 Westcliffe, CO
Community Radio Fund Raiser
with Jamie and Justin Allison

Celebrating Community, Savoring Life and Living with Fullness of Heart

Please join Jamie and Justin Allison for this community event. **Jamie Allison**, certified since 1999, brings to her teaching the clarity, skill and heart centered insight gained from her years of practice, introspection, self-inquiry and continuous study with John Friend and Dr. Douglas Brooks.

Justin Allison has studied with Jamie Allison and John Friend since 1995. He received his Anusara® Yoga 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 Savasana and leads Kirtan. Together, Jamie and Justin, make an unbeatable team.

Schedule for Saturday August 13:

9-noon – a full spectrum class to invite us into the wonder of life

noon – 2 pm - lunch break

2-4 pm – a quieting class of hip openers. When we can truly settle, our capacity to savor life is enhanced

4:15-5 pm – Kirtan lead by Justin Allison. A celebration of the life force that connects us and holds us as community.

Location: TBD

Information: 719-783-0987 / events@kwmv.org

Cost:

\$90 6-hour workshop paid by July 15

\$110 paid after July 15

\$55 9-noon class paid by July 15

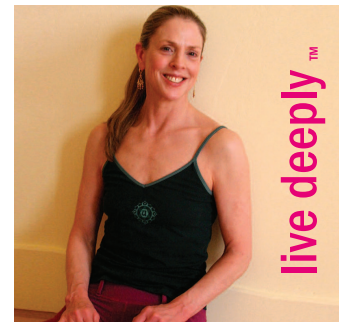
\$65 paid after July 15

\$40 2-4 pm class paid by July 15

\$50 paid after July 15

\$12 Kirtan paid by July 15

\$15 paid after July 15



Please wear comfortable clothes, bring a water bottle, yoga mat and any props you like to use.

Registration form **Celebrating Community**

Name _____ amount enclosed _____ ck# _____

Phone number _____ e-mail _____

Mailing address _____

Please send your registration form and your check, made out to Wet Mountain Broadcasting, to KWMV, PO Box 155, Westcliffe, CO 81252

Or register on line at www.kwmv.org/yoga

Please indicate what session(s) you are attending and price option

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Space is limited. Please register early! 70% of the proceeds support KWMV! **95.9 FM COMMUNITY POWERED RADIO!**