

KWMV ANUSARA YOGA ALL-LEVELS WORKSHOP AND FUNDRAISER

AN OFFERING
OF THE
HEART

WITH JAMIE & JUSTIN
ALLISON

ENJOY A
SPECIAL DAY
OF YOGA &
SUPPORT YOUR
COMMUNITY RADIO
STATION ON

SATURDAY, AUGUST 23, 2008

Through the generosity
of Jamie and Justin -
100 percent of the
proceeds from this workshop
go to support KWMV!

Register online at www.kwmv.org

Questions? Please email events@kwmv.org
or call 719-783-0987
and leave a message.



Jamie Allison is one of the most respected and inspired yoga instructors in North America. She speaks with the wisdom of her long time study with Anusara Yoga founder John Friend and world renowned scholar of Rajanaka Tantra Dr. Douglas Brooks. Jamie's husband, Justin Allison, is a certified Anusara instructor and a talented musician. Along with teaching, Justin adds musical ambience to Savasana and leads kirtan. Jamie and Justin recently moved to a new location in Howard, Colorado, where they will offer workshops and retreats at their Ananda Tandava retreat center. For more information about Jamie and Justin visit www.jamieallisonyoga.com



Everyone is invited to join Jamie and Justin Allison in this all levels workshop. Whether you've never done yoga before or you have practiced for years this workshop will bring you new understanding, inspiration and transformation.

When a community gets together for the greater good, wonderful things happen!

Justin and Jamie Allison are delighted to be a part of the Westcliffe community for this event. “This is a wonderful opportunity to get to know you, for you to get to know us and for all of us to have a transformational time supporting the local radio station KWMV.”

The Anusara Universal Principles of Alignment allow students to take responsibility for their health and well-being. It is an ongoing process of learning and opening, of seeing and owning the radiance within. This practice is a tool for personal growth. It restores balance in mind, body and spirit. Jamie's wish for all her students is self-empowerment so they can practice safely and joyfully.

Workshop will be held in Studio Two next to the Jones Theater, 119 Main Street, Westcliffe, CO

Register now to reserve your space and support KWMV 95.9 FM
Space is limited, please reserve early.

🌀 Full Workshop Pass includes Morning and Afternoon Asana Sessions and Kirtan \$75 (save \$25)

Morning Asana Session: 10 a.m. to 1 p.m. \$50

Afternoon Asana Session: 3 p.m. to 5 p.m. \$40

Kirtan: 5 p.m. to 6 p.m. \$10

Students should bring their own yoga mats and props (including a strap, block and blankets). If you don't have these items and would like to attend this workshop please let us know and we will try to borrow them for you.

Register online at
www.kwmv.org

or register By Mail

Please send a check for the full amount made payable to KWMV Radio to the following address (Be sure to include your full name, address, phone number and email address along with what workshop sessions you wish to attend):

KWMV Yoga Workshop

PO Box 155

Westcliffe, CO 81252

