

# Yoga Spirit Academy E-zine

Healing body, mind and spirit  
with the wisdom of Yoga, meditation and Ayurveda

April / May / June 2017

Volume 10, Issue 2

## Yoga and Your Body by Janet W Parachin

In our last issue we covered Pancha Kosha—the five sheaths—in depth. If you're new to this topic, you might like to read the article first at <http://yogaspirttusa.com/Newsletters>. Once we understand the Vedic understanding of the five sheaths (or five bodies), as well as their relationship to each other, we can unpack the way yoga affects body, breath and mind. In this article, we explore Yoga Body and in the next two issues we'll look at Yoga Breath and Yoga Mind.

The first sheath is the only physical one. Called *annamaya kosha*, it literally means "the body made of food." The next four sheaths are subtle, meaning we can't see them with our eyes or touch them with our hands, but we experience their effects. The second sheath is *pranamaya kosha*, the energetic body which is breath and pranic flow of energy. The third sheath is *manomaya kosha*, the emotional body which is ruled by our five senses. The fourth sheath is *vijnanamaya kosha*, the mental body which observes through meditation. And the fifth sheath is *anandamaya kosha*, the bliss or spiritual body that is always with us but often forgotten.

Sensations in the body: All five bodies are constantly relating to each other. This is why emotional upset, such as anger, fear or frustration can show up in physical symptoms, like chronic pain in the back, shoulder or headaches. In addition to our emotional responses, there are several other sensations we often experience when we're practicing yoga.

Stretching: When we move two bones away from each other, the structures in the middle will stretch. And when we practice a yoga posture in class, no two people will feel the stretch in exactly the same way. Generally, we're most likely to feel the stretch wherever we are tightest, which might be in a muscle,

connective tissue (ligament, tendon, fascia) or even in a joint. Ideally we want to feel stretch in the belly (or center) of a muscle, so check in with a qualified yoga teacher if you're feeling it elsewhere.

Contraction: This is where we experience the strength of muscles and joints. When you do a Plank Pose, an arm balance or Balancing Half Moon, you can really feel the strength in the wrists, arms, shoulders, back, abdominals, legs and feet. This is a full body workout!

Tension: We're also likely to feel tension in our body. Tension shows up in muscles, fascia and joints. If we spend a lot of time sitting at work or have emotional stress (*manomaya kosha*), we can really feel that tension increase. And the bad thing about tension is it contributes to chronic tightness in shoulders, hips and spine leading to headaches and pain in the neck and lower back.

Pain: When we contract a muscle, especially over and over again, we make little tears in the muscle that need to heal. As the muscle heals, it gets stronger. And we're likely to feel pain. There are two types of pain to explore: bad pain and good pain. Bad pain is burning or tearing, it causes weakness, and it is felt more in the joints than in the muscles. But not all pain should be avoided. Good pain shows up in the muscles within 24 hours of exercise and usually lasts another 24 hours. If you had a really hard workout it may last 48 hours. In yoga, good pain can also show up during yoga

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Yoga Spirit Academy  
200-hour and 300-hour yoga teacher training  
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## Yoga Anatomy Classes this Summer

### Advanced Anatomy for Yoga

May 20-21, June 24-25, July 22-23, August 5 (make-up day)

This 30-hour course goes beyond the basics of anatomy to explore the biomechanics of the shoulders, hips and spine; common injuries with an emphasis on anatomically safe movements; assisting and adjusting that is anatomically informed; the Ayurvedic understanding of subtle anatomy; and the anatomy of breathing.

### Anatomy for Yoga

August 25, 26 and 27

This 20-hour course in yoga anatomy and physiology offers a hands-on experience of how muscles, bones, and connective tissues function in yoga postures. Explore standing, back bending, forward bending, and twisting postures in-depth, with additional explanation of the physical effects of relaxation and meditation.

### For more information

<http://yogaspirittulsa.com/Training-Workshops/Yoga-Anatomy>

## Yoga and Your Body *continued*

class: people who are using yoga therapeutically to heal an injury will often experience some pain when doing therapeutic yoga, but the body begins to feel better within a few hours.

Relaxation: This is the one sensation we all want to have but don't get enough of! Tension, contraction and pain in the body can keep us from relaxing. Surprise! Tension in the mind and emotions (*manomaya and vijñanamaya koshas*) can keep us from relaxing too. So in order to relax we need to be able to release and let go in both body and mind. This is why after a nice yoga practice of tension, contraction and even some pain, we relax in Savasana with a big smile on our face.



### CALENDAR

May 20-21 Advanced Anatomy for Yoga begins

June 10-11 Yoga teacher training weekend

July 1-2 Yoga teacher training weekend

August 12-13 Yoga teacher training weekend

August 25, 26 and 27 Anatomy for Yoga

*For more information please visit our website*

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