

Yoga Spirit Academy E-zine

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

August 2016

Volume 9, Issue 6

Your Amazing Breath By Janet W Parachin

Did you know you breathe 26,000 times per day? If you tick off the important things we need to take in every day, the list goes something like this:

Air - Water - Food - Information

We can go quite a long time without information and food, several days without water, but just a few minutes without air. That's how essential our breath is to Life, and also to our happiness and good health.

The Yoga tradition recognized this from the beginning by teaching students to observe and regulate their breath. In fact, yogis in ancient and modern times make the audacious claim that you can heal yourself with your breath! So these amazing breath practices—called *Prānāyāma*—heal illnesses of the body and mind, regulate the nervous system, and increase mental focus.

Try this prānāyāma practice for calming the nerves and regaining equilibrium when life knocks you out of balance:

Immediately bring your attention to your breath. Notice how quickly you're breathing, where you feel your breath in your body, and whether you're breathing through the nose or the mouth. See how the simple act of paying attention to your breath brings focus and control. For the next 1-3 minutes, breathe just through your nose striving to make the in-breath and out-breath about the same length. Feel the breath enter the nostrils, travel over the

throat and into the lungs. Let the chest and belly both expand on the inhalation, and both deflate on the exhalation. Experience a subtle, yet profound shift of body and mind as you return to your daily activities.

To explore the wonders of your amazing breath, join Janet Parachin for her workshop

Breathe! Five Essential Breath Practices

Friday, August 26, 2016 - 6:00-8:00pm

\$45 in advance / \$55 at the door

Continuing education certificate awarded to everyone who attends

Contact Janet to register

jparachin@cox.net or 918-261-9786

Yoga Spirit Academy
200-hour and 300-hour yoga teacher training
Tulsa, Oklahoma
Dr. Janet W Parachin, Director
918-261-9786
www.yogaspirtulsa.com

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Texas Yoga Retreat



Texas Yoga Retreat takes place this year October 21-23 just south of Austin at Radha Madhav Dham ashram. Your registration includes all classes in yoga, meditation, chanting, philosophy and yoga therapy, plus all vegetarian meals from Friday dinner through Sunday lunch. Accommodations are extra—stay on the ashram or off-site hotel or camping. To see the retreat schedule go to www.texasyoga.com. To find out more about the ashram go to <http://radhamadhavdham.org/>

Calendar

September 10-11 200-hour yoga teacher training

September 24-25 Yoga and Ayurveda Subtle Therapies training begins

Workshops

August 26 Breathe! Five Essential Breath Practices

September 9-October 14 Restorative Yoga Series on 6 Friday evenings

See our website for information about teacher training, workshops, retreats and continuing education.

Yoga Spirit Academy is awarding two \$200 scholarships to Texas Yoga Retreat. Priority will be given to students enrolled in Yoga Spirit Academy and especially first-time attendees, though anyone is welcome to apply. To be considered please respond to these three questions no later than September 1, 2016:

- 1) What is your name, mailing address, phone number and email address?
- 2) How would you benefit from attending Texas Yoga Retreat?
- 3) What is your financial need of a scholarship?

Send your answers to jparachin@cox.net or Yoga Spirit Academy, 11134 E 75th Place S, Tulsa, OK 74133. We look forward to hearing from you!

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