

# Yoga Spirit Academy E-zine

Healing body, mind and spirit

with the wisdom of Yoga, meditation and Ayurveda

December 2016

Volume 9, Issue 9

## Congratulations Brent and Amanda

We're happy to announce our two newest graduates, Brent and Amanda Sloan, husband and wife, partners in life and Yoga. Brent began his yoga journey about five years ago when he



took a workshop on meditation. After practicing meditation for several months he began practicing yoga and teaching both yoga and meditation to youth at a residential substance abuse facility. This experience inspired him to go to yoga school. In his teaching he seeks to create a

safe, fun, playful environment for people of all ages, backgrounds, body types, etc. He says, "I don't believe that yoga is about being perfect, being in competition, or looking like someone else. It is about being open to discovering a new way of looking at how your mind and body relate." He explores the relationship between personal awareness and community empowerment. He does this through his studio Rebel Yoga in Broken Arrow where he brings yoga to at-risk youth and other underserved populations. When he's not practicing yoga he like to read books, listen to music, drink coffee, bike and hang out with an amazing lady named Amanda.

## Ayurveda Tips to Stay Well this Winter

Winter has arrived, but you don't have to be sick with colds, flu, sinus infections and congestion this winter! Strengthen your immunity to illness by following this simple plan:

**Eat more protein.** Beans, eggs, dairy, nuts, seeds, quinoa and amaranth are excellent protein sources. Vegetarian is best, but if you do eat meat get only 10% protein from meat sources.

**Eat more fats.** Add 1 teaspoon of coconut oil or ghee to your hot drink in the morning and drizzle extra virgin olive oil on your veggies.

**Hydrate.** Drink 1/2 your body weight in ounces, warm water and hot herbal tea each day. Avoid cold and icy drinks.

Brent's favorite pose is corpse pose because "it gives me a moment to be still and allows me to be with the environment around me and trust my surroundings."

Amanda Sloan started doing yoga about five years ago at a local gym. She was under a lot of stress at the time and was able to immediately see the benefits. This got her interested in teaching some of the techniques to clients she was working with so she attended a weekend training focused on yoga for at-risk populations. She teaches yoga at Rebel Yoga and also uses yoga, breathing techniques and meditation with clients she sees in her therapy practice. "I like the benefits of yoga. Whether I need a physical or mental release, it is beneficial and adaptable to the situation. I love being able to watch people grow in their yoga practice and see them take the practice in to their everyday lives." When she's not practicing yoga she enjoys reading, watching UFC with Brent and spending time at home with their dogs. Nice work, friends, and how cool is it that you both finished Yoga Spirit Academy the same week!



**Oil barrier.** Massage warm sesame oil into the skin after your shower each day. This keeps the skin from getting dry and provides a barrier to the outside world.

**Stress less.** Step away from the craziness by sitting quietly to eat, and by practicing Yoga and meditation each day.

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

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## Yoga Teacher Training: A Great Start to a New Year

The start of a new year is a great time to enroll in Yoga teacher training at Yoga Spirit Academy. We have two programs to serve Oklahoma and surrounding states. Our courses are perfect for those who live locally and those who can drive in for two days of training one weekend each month.

### 200-HOUR YOGA TEACHER TRAINING

The new year of teacher training begins January 14-15 in Tulsa. 200 hours is the international standard to become a Certified Yoga Teacher (C.Y.T.). Learn postures, breathing exercises, meditation, yoga history, philosophy, lifestyle and ethics. Janet and Victor Parachin have thousands of hours of training in Yoga, meditation and Ayurveda. They have advanced degrees in religion, education and spirituality. Victor is a prolific author of 25 books and Janet is a certified Yoga and Ayurveda Wellness Consultant. Classes meet one weekend each month for a year with some additional independent study.



<http://yogaspirittulsa.com/Training-Workshops/Teacher-Training>

### 300-HOUR ADVANCED YOGA TEACHER TRAINING

Our Yoga and Ayurveda advanced training is made up of seven courses. Take some courses or all seven to become a 500-hour certified



Ayurvedic Yoga Teacher (A.Y.T.). The next course begins Jan-

uary 28-29 in Tulsa.

<http://yogaspirittulsa.com/Training-Workshops/Advanced-Training>

### PRACTICES FOR THE DOSHAS (40 HOURS)

This course covers asana, pranayama and meditation suitable for the doshas and understanding how the doshas are affected by diet, lifestyle, environment, the times of day and the seasons of life. Ayurveda teaches that everything must be customized for the individual needs of each person according to their unique psychophysiology known as Prakruti. Learn how to recognize Prakruti and when it is out of balance, and develop practices appropriate for individuals in a private training session and for students in a group setting. Dates: January 28-29, February 25-26, March 25-26, and April 8 (make-up and review)

### CALENDAR

January 14-15 200-hour yoga teacher training weekend

January 28-29 300-hour advanced training in Yoga and Ayurveda: Practices for the Doshas

*For more information please visit our website*

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