

January/February 2014

Yoga Spirit Academy

Volume 7, Issue 1

Congratulations Dena and Anita

We have two new graduates to tell you about! **Dena Coleman** completed all the requirements for the yoga teacher program in November. She did her studies in Mindfulness Meditation, Chair Yoga, Chakra Yoga and Yoga anatomy.

Anita McAleese completed her coursework in December. She first started taking yoga classes at a local gym where

Janet Parachin was her teacher. After some time apart they found each other again, and Anita expressed her interest in also becoming a yoga teacher. She finds that teaching is a great way to learn; every time she explains yoga to someone else, her understanding of the practice deepens. She intends to teach yoga to older folks once she retires from her full time job. In the

meantime, she likes gardening, photography, speaking Spanish, hiking and canoeing.



Anita McAleese

We've enjoyed getting to know both of you and wish you well in your study, practice and teaching of Yoga.

Certified Yoga Teacher Training begins February 8 and 9 and March 8 and 9

We accept new students every month

Advanced Yoga Teacher Training

Advanced Anatomy for Yoga begins February 15

How will Yoga change your life?

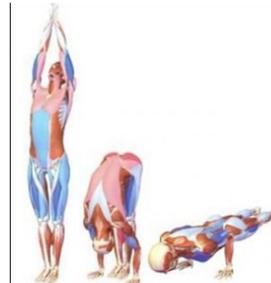
For your consideration:

I have discovered that all human unhappiness derives from only one source, not being able to sit quietly in a room.

-Blaise Pascal

Advanced Anatomy for Yoga Begins February 15

For yoga teachers who want to expand their knowledge and practice of Yoga, we now offer advanced yoga teacher training leading to a 500 hour certification. Our next course will be Advanced Anatomy for Yoga. This 25 hour course expands on the information covered in the introductory anatomy and physiology course by exploring the biomechanics of the shoulders, hips and spine; common injuries with an emphasis on anatomically safe movements; assisting and adjusting that is ana-



tomically informed; and the anatomy of breathing. This course is part of the advanced certificate in Restorative and Therapeutic Yoga, but it is open to anyone with a basic knowledge of anatomy and physiology.

Meeting dates on Saturday

from 1:00-7:00pm on February 15, March 15, April 26 and May 31. (Make-up date for missed classes will be in June)

Cost: \$375

How to enroll: Complete an enrollment agreement and submit with \$50 deposit. The remaining \$325 is due by February 8

Where to go for information: "Advanced Training" on our website www.yogaspirtulsa.com or contact the Director.

Save the Date: March 28-30

Charles MacInerney from Austin, Texas will be our a guest for a weekend of Yoga for all levels and interests. He is a dynamic teacher and always draws a crowd when he comes to Tulsa. Download a flyer from our website www.tulsayogameditationcenter.com and find out more about Charles from his website www.yogateacher.com.



There are, strictly speaking, no enlightened people. There is only enlightened activity.

-Shunryu Suzuki

And so, in honor of 2014, ten enlightened practices.

1. Meditation

Meditation brings wisdom; lack of meditation leaves ignorance. - Buddha

2. Yoga

Yoga is the only thing that has helped me realize the source of my self-

Ten Enlightenment-Oriented Practices for 2014 By Victor M Parachin

destructive behavioral patterns and the need to take control and responsibility for the state of my mind and my actions. - DW, Inmate, Mississippi Correctional Facility

3. Kindness

This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness. - H.H. the Dalai Lama

4. Tolerance

Tolerance is giving to every other human being every right

that you claim for yourself. - Robert Green Ingersoll

5. Mind management

The power of the mind is in itself neither positive nor negative - it just is! It can work both ways, depending on where it is directed. - Indra Devi

6. Wisdom

Know well what leads you forward and what holds you back. Choose the path that leads to wisdom. - Buddha

7. Self improvement

You are perfect as you are and you can use a little improvement. - Shunryu Suzuki

8. Nature

Climb up on some hill at sunrise. Everybody needs perspective once in a while, and you'll find it there. - Robb Sagendorf

9. Patience

Can you remain unmoving until the right action arises by itself? - The Tao

10. Right Friendship

We are like chameleons, we take our hue and the color of our moral character, from those who are around us. - John Locke

Oil Pulling for Dental Health By Janet W Parachin

Oil pulling is an Ayurvedic cleansing technique that will greatly improve your dental health. Take about a tablespoon of sesame or sunflower oil into your mouth and swish it around, pulling it through the teeth, for 15-20 minutes each day. This is best practiced on an empty stomach. The oil will mix with the saliva and become very thin and white. This process draws toxins out of the gums and from between the teeth. Spit out the oil into the toilet and flush it away. If you spit into the sink, make sure to clean the sink well to remove the bacteria. **DO NOT SWALLOW THE OIL!** Rinse out your mouth with warm salt water or brush your teeth.



Results include whiter and stronger teeth, less plaque and inflammation, and sweeter breath. Three studies in India compared the use of oil pulling vs. chlorhexidine mouthwash. In all cases oil pulling with sesame oil was as effective or more effective in reducing bacteria

that cause plaque build-up and tooth decay, in reducing the inflammation known as gingivitis, and in reducing bad breath.

Can you use any type of oil? Sesame and sunflower oils are warming, detoxifying oils and are probably the best in the winter and for people who are cold-natured. Coconut oil

has a better flavor and is a cooling oil, so it is good to use in the summer or if you're more hot-natured. Another benefit of coconut oil is that it contains lauric acid that naturally kills bacteria and viruses. For more information check out www.oilpulling.com

What if you don't have 20

Introducing Ayurveda:

A workshop with Janet Parachin, Ayurvedic Health Consultant on Sunday, February 16, 3:00-5:00pm. \$40 in advance. Download a flyer from "Workshops" www.yogaspirtulsa.com

minutes a day for oil pulling? Every day, rub sesame oil on your gums. Then place a teaspoon of oil in your mouth. Swish it around for 1-2 minutes, spit it out and brush as usual. You'll know if it's working the next time you visit your dental hygienist!