

Yoga Spirit Academy

Volume 8, Issue 1

Congratulations Madison

How exciting that Madison Miller completed her 200 hours in the yoga teacher training program in December! We'd like to introduce you to her here:

When Madison was graduating from college, her dad shared with her some old yoga books from the 1970s. She especially liked a book by Swami Satchidananda (the founder of Integral Yoga) and remembers practicing the postures every day that summer. Once she was in law school, however, she found it hard practice yoga regularly. Now as an environmental attorney who also volunteers for Legal Aid doing family law, she's found her way back to a regular practice to cope with the intense stress of her work. Yoga brings stability and relaxation—two qualities she

seeks to share when she is teaching yoga. She enjoys the creativity of yoga teaching, not only in putting together interesting yoga sequences, but also in finding just the right language to enlighten every student. Madison writes: "When we do yoga and really listen to ourselves and the world around us, we see things more for what they are. Yoga forces me to face myself. It makes me a more honest, accountable person to the world but, most importantly, to myself. . . . I would not have found myself had I not found yoga." In addition to being a yoga teacher and lawyer, Madison loves to create art, to read about yoga, and is learning photography (35mm and digital). Oh yeah! She's also growing her first baby boy in her belly! She and her husband are busily



preparing for his arrival. Madison shares these kind words with us: "The Tulsa yoga community is truly blessed to have access to Yoga Spirit Academy. The knowledge, wisdom, and love the instructors bring to class runs deep and is so authentic. I am honored to have been a student. Thank you, Janet and Victor, for the life-changing training at YSA!" Thank you, Madison!

Yoga Teacher Training

New classes begin on
February 14-15
and
March 21-22

*How will Yoga
change your
life?*

Ayurvedic Eating for Late Fall and Early Winter By Janet W Parachin

According to Ayurveda, here in the West late fall into early winter is VATA season. This is a time of quick changes, from warm to cold, from sunny to cloudy, from dry to rainy, often all in the same week. The days are shorter according to the sun, but with the holidays and the start of a new year, we tend to keep the days long. Lots of rich

foods—many of which we only eat this time of year—are consumed in mass quantities. No wonder our digestive system suffers greatly! Common problems include constipation, bloating, and gas. Excess Vata also has other effects, such as insomnia, anxiety, dryness, and feeling cold. Here's how to mitigate the effects of excess Vata:

Learn more at the Winter Wellness Workshop on January 25. See page two for more details

Keep a regular schedule. Plan to get up at the same time, go to bed at the same time, eat at the same time on most days. Several small meals/snacks rather than three big ones.

Continues on page two

Yoga Spirit Academy
11134 E 75 Place S.
Tulsa, Oklahoma 74133
Dr. Janet W Parachin,
Director



Let us try to
recognize the
precious nature of
each day.
-HH the Dalai Lama

Words of Wisdom from the Dalai Lama for 2015

By Victor M Parachin

As a new year emerges, consider guiding your life in 2015 by these words of wisdom from the Dalai Lama:

- "Happiness is not something readymade. It comes from your own actions." *The lesson: Take steps to increase joy in your life.*
- "My religion is very simple. My religion is kindness." *The lesson: Kindness is in short supply on the planet. Do your part to show it, share it, spread it.*
- "There is a saying in Tibetan, 'Tragedy should be utilized as a source of strength.'" *The lesson: Turn pain into gain; become stronger not weaker because of difficulty.*
- "If you think you are too small to make a difference, try sleeping with a mosquito." *The lesson: You can make a difference if you choose to.*
- "Choose to be optimistic. It feels better." *The lesson: Think positively, speak positively, act positively.*
- "Our prime purpose in this life is to help others. And, if you can't help them, at least don't hurt them." *The lesson: Be sure that everything you do inspires and helps rather than injures and hinders.*
- "Remember that sometimes not getting what you want is a wonderful stroke of luck." *The lesson: Trust the Universe when things don't go your way.*

Ayurvedic Eating, continued

Eat warm/hot. Cook your food and consume it warm or hot. Drink warm or hot beverages, especially herbal tea. Save the cold, raw foods for summer. Never, ever drink iced beverages!

Spiced tea recipe: Combine $\frac{1}{4}$ teaspoon each of freshly grated ginger, ground cardamom, ground cinnamon and ground cloves. Add to a pot of hot water, black or green tea. Allow to steep for 5 minutes. Sweeten with honey if you like. These warming spices reduce Vata.

Focus on sweet, salty and sour tastes: Although it may be tempting, this is not an invitation to indulge in candy and potato chips! These are the three tastes that decrease Vata. Sweet foods include sweet fruits and vegetables, milk, rice, wheat and sweet-

eners like honey and maple syrup. Add salt by flavoring your food with mineral rich sea salt and rock salt. Sour taste is found in citrus fruits, sour cream, yogurt, cheese, vinegar and fermented foods, such as tofu, tempeh, kim chi and sauerkraut.

Basmati rice recipe: Rinse 2 cups of basmati rice two times by covering with water, swirling the mixture and pouring off the water. In a medium saucepan melt 1 tablespoon of ghee (clarified butter available at an Asian market). Drop in $\frac{1}{2}$ teaspoon of cumin seeds and stir for one minute. Add the rice and stir. Add $\frac{1}{2}$ teaspoon of salt and 4 cups of hot water. Stir. Bring to a boil for 2 minutes. Turn down the heat and cover. For sticky rice leave the lid ajar; for dry rice cover tightly. Rice will be ready in 15-20 minutes.



Use oil: The dryness of winter can be met with both internal and external lubrication. Put more oil in your food, such as extra virgin olive oil drizzled over vegetables and cooking with coconut oil and ghee. Heat sesame oil and rub it into the skin before a shower or bath. Leave the residue on the skin and it will soak in.

Food combining guidelines: Always eat fruit by itself. It's sweet taste interferes with the digestion of most every other food. Do not eat raw and cooked foods together. Do not mix leftovers and fresh foods. If eating them at the same meal, separate them by 30 minutes.

May your digestion be strong, healthy and smooth as the new year begins!

Workshops at Tulsa Yoga Meditation Center

Winter Wellness Workshop

Sunday, January 25
4:00-6:00pm

\$40 by January 23
\$50 after January 23

Pelvic Floor Workshop

Sunday, March 1
4:00-6:00pm

\$40 by February 27
\$50 after February 27

Contact Janet Parachin to register: jparachin@cox.net or 918-261-9786