

Yoga Spirit Academy



Volume 9, Issue 1

January/February 2016

Yoga Teacher Training in 2016

200-hour Certified Yoga Teacher Training program

Since 2007, Yoga Spirit Academy has been offering yoga teacher training that is excellent, accessible and affordable. With a convenient weekend, once-a-month schedule, you can complete the training in one year.

Saturday and Sunday, 1:00-7:00pm

Learn how to teach yoga postures and lead meditation and pranayama classes. Study yoga history, philosophy, lifestyle and ethics. Explore the business of Yoga

so you can make a living doing what you love.

Tuition: \$100 application fee, plus \$2700 divided into three payments due the 1st, 5th and 9th months of training.

Applications are due by the 20th of the month prior to the month you wish to begin training.

Next trainings: February 13 and 14 and March 12 and 13.



300-hour Ayurvedic Yoga Teacher Training program

For yoga teachers who have already completed 100 hours of training at any yoga school or have 300 hours of teaching experience, Yoga Spirit Academy offers an advanced course in Yoga and Ayurveda.

Seven courses are part of the training. Take just the courses that interest you or complete all seven for the 300-hour certification.

We're now enrolling for:

Yoga and Ayurveda Constitutional Analysis

Saturday and Sunday, 1:00-7:00pm

January 30 and 31, February 20 and 21, March 19 and 20, 2016

April 10 *Free make-up day*

This course covers the philosophy of Ayurveda, aspects of Ayurvedic anatomy (5 elements, 3 doshas, 7 dhatus), the disease process according to Ayurveda, and how to analyze constitution through pulse, tongue and facial analysis.

Total hours: 45

Tuition: \$675 *Payment plans available*

Applications available online or from the Director. Enrollments accepted until the course is full.

Congratulations to Renée!

We're excited to congratulate Renée Sweetwood who graduated from the 200-hour Certified Yoga Teacher training program in November. Renée writes:

"I was first introduced to yoga when I was a little girl. My mother practiced and taught yoga at the local community center. Even though I had the example and could see the

importance of yoga I was the type of person that had to always be doing. After several injuries I was forced to do nothing, to be still. In that stillness I came to the decision to quit my job and enroll in Yoga Spirit Academy. I had times of doubt going into it. I was injured, and I had never had a dedicated practice. To be honest I didn't like many of the postures, but

yet I knew yoga is what I had always needed. I have so much gratitude for Janet and Victor for the knowledge and skill they share. Through YSA I have gained so much, a dedicated practice, skills to teach and lifelong friendships with like-minded people. Yoga has taught me to listen to my body, to trust and to open my heart and mind. It has shown me how to heal my mind,



body, and spirit. Yoga school at the least will help you understand the postures, but it can be so much more. It can bring you back to your true nature."

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

Yoga School Workshops

These workshops each provide 2 hours of credit toward the yoga teacher training program, or 2 hours of continuing education for yoga teachers.

How Yoga Won the West!

Learn about the life and philosophy of Swami Vivekananda, the teacher who brought Yoga to the U.S.

Instructor Victor M Parachin, author of *Swami Vivekananda*

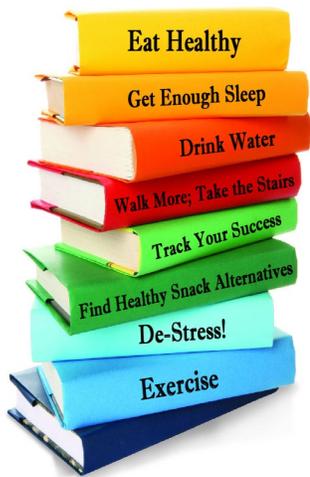
Friday, February 26
6:00-8:00pm \$40

Meditation and Mantra

Discover the benefits of meditation to calm the mind and inspire the soul, and learn the practice of mantra to focus the mind and transform karma.

Instructor Janet Parachin recently returned from her studies with Dr. Vasant Lad

Friday, March 11
6:30-8:30pm \$40



"Keep Your Cool": Inspiration from Thich Nhat Hanh

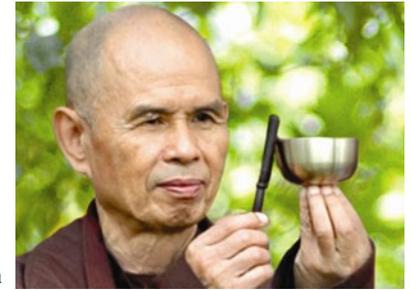
By Victor M Parachin

Often when we receive unwelcome and unexpected news, we have an amazing tendency to freak out and panic. Recognizing this, Buddhism teaches us and reminds us to remain balanced, unmoving and to maintain an unflappable mind. This is the meaning of the popular saying "keep your cool" when presented with an unpleasant situation.

An inspiring example of this mind set comes from Thich Nhat Hanh. Some time ago, fire inspectors came to Plum Village, his monastic center in the countryside of France. They said it needed to

be closed because it wasn't up to code and was completely unsafe for residents. The estimate for bringing it up to code was nearly two million dollars. The leadership at Plum Village were not only panic stricken but heartbroken upon hearing the word "close."

Thich Nhat Hanh was visibly unaffected and he told those around him, "If we have to close, we can close. We don't need to run after two million dollars." He recommended looking more closely and carefully at their situation. As it turned out, only \$500,000 was needed to



bring the property into code, an amount which was both reasonable and reachable.

Try bringing to mind Thich Nhat Hanh's response the next time you receive disappointing news which leaves you unsettled. Looking deeply into the situation, you'll discover what other options are available to you now and in the future.

Transforming Bad Habits into Good Habits

By Janet W Parachin

Research in neuroscience explains why new habits are hard to establish and old habits are hard to break. According to Dr. Sarah McKay, this is how habits look to the brain: 1. Habits are triggered by a particular cue, situation, or event. 2. Habits are learned over time by being repeated over and over. 3. Habits are performed automatically, often with little conscious awareness. 4. Habits are persistent—once formed, they are very hard to break. So whether you have bad habits you want to break (and don't we all!) or good habits you want to establish, you can use this brain research to help you do it. Let's say you have an unhealthy habit, one that's not serving you well, and you'd like to stop doing it in 2016. First of all, determine what triggers that

habit. Dr. McKay explains that loading the dishwasher used to trigger thoughts of being a bad mother. Since these negative thoughts left her feeling defeated and depressed, she knew she needed to transform this habit. Second of all, choose a healthy habit to replace the bad habit when you experience that same trigger. Dr. McKay began to load the dishwasher with complete attention to the dishes, turning it into a spiritual practice of mindfulness. This process also works well for establishing a new good habit in your life. First, choose a healthy habit you want to add to your life. Perhaps you want to get up 20 minutes early each day to meditate, or you'd like to list

three things you're grateful for each day. Second, find a trigger for your new healthy habit. For example, set the clock 20 minutes earlier and go immediately to sit on your meditation cushion before other activities get in the way. If you're making a gratitude list, you could link it to your cup of herbal tea before bed. The key to being successful in establishing a new habit is step three—repeat the habit in response to the trigger every day. Dr. McKay explains that negative habits are so deeply grooved into the brain that they may sometimes pop up again when you least expect them to. By practicing your new healthy habits every day, you'll not only create new grooves in the brain, but you'll also have strong positive impulses to overcome the negative ones.