

July/August 2014

Yoga Spirit Academy

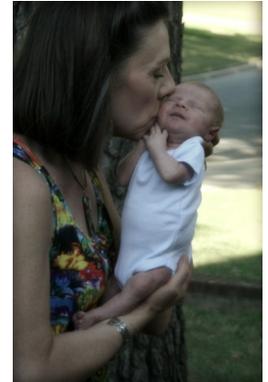
Volume 7, Issue 4

Congratulations Lora Buck

We're so happy to announce the graduation of Lora Buck as a Certified Yoga Teacher in June 2014. We are proud of her and know she will represent Yoga Spirit Academy well in all her endeavors! Here is Lora in her own words: "I became curious about yoga about 15 years ago. Eventually I found myself taking classes from Richard Stathem and much later, Natalie Yozzo. Each of these teachers gave me glimpses of a joyful life. I wanted to learn more. What I most like about yoga is that there is no area of one's being - physical, mental, spiritual, emotional - that is not enhanced by Yoga. I came to

YSA for personal growth. While teaching was not a goal for me, I have found that I enjoy seeing the relaxation that I can help people experience through yoga practices. I hope to use my certification as a springboard for continued study. I enjoy life with my husband of 38 years, our two adult sons and their wives, much reading, some golf, gardening, cooking, photography, New Mexico, the art of Oklahoma's own Doel Reed, Alexandre Hogue, Oscar Jacobson, and seeing this world again and for the first time through the eyes of my grandchild-

dren Iphigenia age 4, and Max, 2 months. Enrolling in YSA is the one of the best decisions I ever made."



"Be ye transformed by the renewing of your mind!" Romans 12:2

"Acquire a peaceful spirit and then thousands of others around you will be 'saved'." St. Saraphim of Sarov

Certified Yoga Teacher Training begins August 16-17 and September 13-14

We accept new students every month

Advanced Yoga Teacher Training

Therapeutic Yoga begins in August

How will Yoga change your life?

Congratulations to

Vicki Hibbert and

Andy McCrackin

Vicki and Andy completed all twelve months of yoga teacher training without any absences.

Thank you for your dedication and commitment!

June 2013-May 2014

Anatomy for Yoga on August 1, 2, and 3

This 20-hour course in yoga anatomy and physiology offers a hands-on experience of how muscles, bones, and connective tissues function in yoga postures. Explore standing, back bending, forward bending, and twisting postures in-depth, with additional explanation of the physical effects of relaxation and meditation. Dress comfortably for yoga practice. Bring a yoga mat and notebook. Those who attend the

entire 20 hours will receive a certificate of completion. This course meets the 20-hour anatomy requirement in Yoga Spirit Academy's 200-hour yoga teacher certification program.

About the instructor: Janet W. Parachin, Ph.D., is a Certified Yoga Teacher, Ayurvedic Health Counselor, and Director of Yoga Spirit Academy. She emphasizes alignment and safety in her classes, and teaches so that all may

experience the joy and freedom of yoga.

August 1 1:00-7:00pm

August 2 12:00-7:00pm

August 3 12:00-7:00pm

\$300 tuition / \$50 deposit due now with \$250 due by July 25

Registration form available on our website or contact the Director.

Reducing Inflammation through Ayurveda By Janet W Parachin

In Ayurveda, the dosha with the greatest affinity to inflammation is Pitta dosha. In the ancient writings its attributes are "hot, sharp, light, liquid, slightly oily with a spreading quality, and fleshy smelling." That sounds like summer! Yes, summer in the US has a pitta quality, the season of sunburns, skin rashes, bug bites, and stinky sweat. While these things can be annoying in the summer, the internal effect of inflammation is much more serious. Inflammation occurs when the body is fighting off an infection or other type of attack. The most dangerous form is the low level in-



flammation which contributes to chronic pain, heart disease, cancer, Alzheimer's, Parkinson's, depression and autoimmune disorders (e.g., rheumatoid arthritis and lupus). Here are four ways to lessen inflammation and your risk of disease:

- 1) If you have symptoms of inflammation (basically any type of internal or external burning sensations, redness and swelling), eat a pitta-pacifying diet (as described in our May/June 2014 newsletter). Otherwise eat the diet that's right for your doshic constitution as determined by an Ayurvedic health consultant.
- 2) De-stress with yoga, meditation

"Obey the wisdom of your body and you'll be obeying the wisdom of the Universe."

-Deepak Chopra

and breath exercises. Supplement your weekly class with some practice each day.

- 3) Limit your exposure to environmental toxins such as smoking, smog and tainted food and water.
- 4) Drink green tea to reduce inflammation. And consider supplementation: magnesium, omega-3, vitamin D and probiotics.

Upcoming Workshops with Janet and Victor Parachin

YOGA FOR THE BACK: INSIGHTS FROM YOGA AND AYURVEDA

Three Friday evenings, 6:30-8:30pm

July 11 *Understanding Chronic Back Pain*

August 22 *Yoga for the Lower Back*

September 19 *Yoga for the Upper Back and Neck*

- Discount registration \$40 per workshop if paid by 7/9, 8/20 and 9/17
- Regular registration \$50 per workshop if paid by 7/9, 8/20 and 9/17 or \$110 for all three if paid by 7/9

Contact Janet Parachin at 918-261-9786



FIVE MEDITATIONS FOR GREATER AWARENESS, CALMNESS AND WELLNESS

Sunday, July 27

3:00-5:00pm

- Discount registration \$40 by 7/23
- Regular registration \$50 after 7/23

Contact Victor Parachin at 918-284-1422



Students receive 2 hours of credit toward the teacher training program or a Continuing Education certificate for each workshop

Texas Yoga Retreat Scholarships

The Texas Yoga Retreat is coming up on October 24-26 at a beautiful ashram south of Austin. We are once again giving away two \$200 scholarships to help with the registration fees. Anyone may apply but priority will be given to a) those currently enrolled in YSA yoga teacher training; b) those who have not attended a Texas Yoga Retreat previously; and c) those who have financial need of a scholarship.

To apply, respond to the following questions:



1. Your name, address, phone number and email address;
2. A brief explanation of financial need;
3. How you would benefit by attending the retreat.

Send your request to jparachin@cox.net or Janet Parachin, 11134 E 75th Place S, Tulsa, OK 74133-2518 by September 1, 2014.