

Yoga Spirit Academy

Volume 8, Issue 4

Yoga Teacher Training

New classes begin on August 15-16 and September 19-20

How will Yoga change your life?

A Meditation to Heal Your Heart

Dr. Vasant Lad in Albuquerque teaches this beautiful meditation. It's called "double-arrowed attention." When you look at an object, truly look at it with your complete attention. At the same time, look back into your heart and feel your connection to that object. It is like shooting two arrows of attention—one toward the

object you're observing and one into your own heart. These two actions bind you together with the object of your attention, deepening your connection and increasing your understanding. It's best to practice at first with a simple object from nature, like a tree or flower. Immediately you'll feel the increase of love for



the object. Then expand your practice to include the people you meet and the situations you encounter in your daily life. Practiced regularly, this double-arrowed attention will ease your mind and heal your heart.

Advanced Anatomy for Yoga begins August 29



You've heard us say it a hundred times—a yoga teacher can never know enough anatomy! Please consider

joining us for this advanced course in anatomy. This 25-

hour course goes beyond the basics of anatomy to explore the biomechanics of the shoulders, hips and spine; common injuries with an emphasis on anatomically safe movements; assisting and adjusting that is anatomically informed; and the anatomy of breathing. Class size is limited to 15 students. A \$50 deposit holds your space in class. For

more information, contact the Director or visit our webpage <http://yogaspirittulsa.com/Training-Workshops/Yoga-Anatomy>

Who can attend? Anyone who has completed a basic yoga anatomy course. You do not have to be enrolled in our yoga teacher training program to attend.

1:00-7:00pm on
August 29, 2015 (*date change*)
September 26
October 24
November 21
December 5 (make-up day, if needed)

Tuition
\$375

Texas Yoga Retreat on October 16-18, 2015

The Texas Yoga Retreat is held each October 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.



www.TexasYoga.com

To apply, please send us the following information:

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 August 16, 2015.

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

SUMMER WELLNESS WORKSHOP with Janet

Sunday, July 26
3:00-5:00pm
\$40 in advance
\$50 at the door

Ayurveda is the ancient Indian way of living with vitality, good health and abundant happiness. Join us as we learn how to lessen Pitta's effect through yoga, meditation, breathing exercises, aromatherapy, gemstones, chakra balancing and herbs so you can feel great this Summer.

Janet Parachin is a certified Yoga and Ayurveda Wellness Consultant. Register at jparachin@cox.net or 918-261-9786.

YOGA BALANCE WORKSHOP with Victor

Sunday, August 9
4:00-6:00pm
\$40 by August 4
\$50 after August 4

In this fun event we'll explore, examine and experience greater balance in order to prevent falls, reduce injury, improve coordination and strengthen posture. You already know balance is important, now learn how Yoga gives us everything we need.

Victor Parachin is a certified Yoga instructor, meditation teacher, and the author of several books. Register at vmpnamaste@gmail.com

Ayurvedic Guidelines for Pitta Season By Janet W Parachin

According to Ayurveda, "the science of life," Summer is considered PITTA season. The qualities of Pitta are oily, hot, mobile, dispersing, liquid and fleshy smelling. In the body, Pitta is the energy of metabolism and digestion. When in balance, Pitta encourages strong, healthy digestion of food and a sharp, penetrating intellect. When it is out balance, Pitta results in agitation, frustration and anger. We may experience sun burns, inflammation, skin

rashes and heart burn. Here's how to counteract excess Pitta, especially in the summer:

-Eat a variety of healthy foods that are whole and fresh. Build your meals around vegetables and whole grains.

-Avoid salty, sour and hot spicy food.

-Enjoy an occasional treat of ice cream, but avoid cold icy drinks.



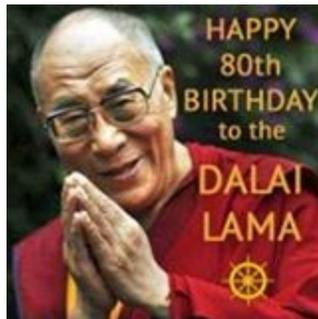
-Use cooling spices and herbs, such as cilantro, mint, coriander, cardamom, cinnamon, fennel and turmeric.

-Exercise during the cooler part of the day.

-Use flower essences for aromatherapy, such as rose, jasmine, honeysuckle, iris

-Meditate on calming thoughts and images.

"Happy Birthday" to the Dalai Lama By Victor M Parachin



In July the Dalai Lama turns 80. This remarkable individual was born in a remote Tibetan village on July 06, 1935. Vibrantly optimistic about humanity, the Dalai Lama has circled the globe bringing a consistent message of peace, nonviolence, tolerance and compassion. For his tireless and energetic efforts he has been awarded numerous awards and honors including the Nobel Prize for Peace in 1989. Here are some words of wisdom from the Dalai Lama:

On happiness:

The basic source of happiness are a good heart, compassion, and love. joy and happiness.

On human nature:

Our fundamental human nature is one of gentleness. Now if this is the case, then it makes all the more sense to try to live a way of life which would be more in accordance with this basic gentle nature of our being.

On world problems:

The problems we face today – violent conflicts, destruction of nature, poverty, hunger, and so on are mainly problems created by humans. They can be resolved.

On technology and science:

In the past, when we neglected the long term effects of our actions, it was less consequential. But today, through science

and technology, we can create far greater benefits or much more serious damage.

On anger:

To utilize our human intelligence fully, we need calmness. If we become unstable through anger, it is difficult for us to use our intelligence well.

On religion and science:

With the ever growing impact of science on our lives, religion and spirituality have a greater role to play in reminding us of our humanity. There is no contradiction between the two. Each gives us valuable insights into the other.

On patience:

One should not see tolerance or patience as a sign of weakness, but rather as a sign of strength coming from a deep ability to remain steadfast and firm.