

Yoga Spirit Academy E-zine

Healing body, mind and spirit
with the wisdom of Yoga, meditation and Ayurveda

July / August/ September 2017

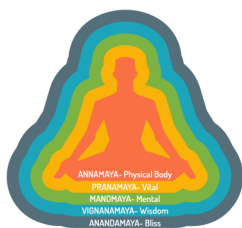
Volume 10, Issue 3

Happy Birthday Yoga Spirit Academy!

On July 1 Yoga Spirit Academy celebrates 10 years of yoga teacher training! We marked a lot of “firsts” in these ten years: The first yoga teacher training in Tulsa, the first yoga teacher training in Oklahoma, the first advanced yoga teacher training courses in the state, and the first 300-hour Ayurvedic Yoga Teacher training! We are proud of all of our accomplishments and especially proud of our many graduates and students who are sharing the gifts of Yoga in their own families and communities. We look forward to many more years of bringing authentic, traditional Yoga and Ayurveda to Tulsa and Oklahoma.



Yoga and Your Breath By Janet W Parachin



In part one of this series we covered the Five Sheaths, and part two was about “Yoga and Your Body.” You’ll find the first two parts at <http://yogaspirtulsa.com/Newsletters>. Once

we grasp the Vedic understanding of the five sheaths (or five bodies), as well as their relationship to each other,

we can unpack the way yoga affects body, breath and mind. In this article, we explore Yoga Breath and in the next issue we’ll look at Yoga Mind.

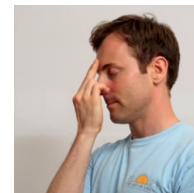
Last month, when we explored Yoga Body, we highlighted the Body sheath, known as Annamaya kosha. As we turn now to Yoga Breath, we look at the second sheath. Pranamaya kosha means “the body made of breath/energy.” Because the third layer is the Mind sheath, prana mediates between body and mind. Another way of saying this is THE BREATH LINKS BODY AND MIND.

Prana enters our body and mind through the five senses— taste, touch, smell, sight and hearing. This is why it is very important to be aware of what we are taking into ourselves through our senses. These are called “sense impressions” because they imprint themselves on our body, mind and heart.

Have you ever eaten something, smelled something or seen something that has made an impression on you? Whether you’d consider that impression “good” or “bad”, you remember it at a very deep place. Try to make your sense impressions as wholesome as possible so they contribute to your good health and happiness.

Prana is our life force energy, and we want to make sure we always have a good supply of it. If you are a teacher, healer, public speaker or deep listener, your prana may be depleted. You’ll know because you’ll feel tired or might even start to get sick. Here are three ways to increase prana:

1) Pranayama exercises like alternate nostril breathing, even breathing and Ujjayi pranayama (throat breathing) increase prana in the body. Pranayama treats diseases of the respiratory, circulatory and nervous system, exercises the lungs, massages the organs of the body, and dispels toxins.



Continues on page two

Yoga Spirit Academy
200-hour and 300-hour yoga teacher training
Tulsa, Oklahoma
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918-261-9786
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Therapeutic Yoga and Anatomy

September 23 and 24, October 28 and 29, November 18 and 19, December 2 make-up day, if needed

This course explores the therapeutic applications of Yoga and Ayurveda to heal and prevent injuries and illness, therapeutic yoga for the hips and sacrum, for the shoulders and neck, for the back and spine, for the extremities, and for mental and emotional healing.

For more information <http://yogaspirittulsa.com/Training-Workshops/Advanced-Training>



Yoga and Your Breath *continued*

Mentally, it heals depression and anxiety, and reduces tension and stress.

2) Meditation builds prana because prana and mind always move together. Wherever we place our attention our energy will follow, such as when we decide to work on a project. And it goes the other way too—when something engages our energy our attention will go there too, such as when we are hungry. Start with just 5 minutes, preferably at the same time each day. Build up by increasing your time by 5 minutes each week.

3) Yoga postures are an example of prana as a driving force for both body and mind. We intend to practice with the mind and the body executes the poses, but it is prana that directs the mind and animates the body. In fact, you can practice the same postures every day and just by changing the pranic energy you'll get a different result each time. For example, practice flowing postures to burn off energy, hold postures



longer to build strength and flexibility, and use restorative poses to foster deep healing in body, mind and spirit.

Texas Yoga Retreat

Travel with us to Texas Hill Country October 20-22 for the 17th annual retreat. Held at an ashram just south of Austin, TYR is three days of yoga classes for all levels, meditation and pranayama classes, vegetarian food, and beautiful grounds to explore. Anyone and everyone is welcome to attend, not just yoga teachers. Receive a 15% DISCOUNT by being part of our group. Let Janet know you'll be attending so she can put you on the group list and she will give you the discount code. <http://texasyoga.com/>

Yoga Spirit Academy will also give a \$200 scholarship to a student or graduate. If you're interested in applying, please send a message to Janet at jparachin@cox.net

1. Your name and mailing address
2. How you would benefit from attending Texas Yoga Retreat
3. Your financial need of a scholarship

Deadline for the scholarship request is September 15, 2017

CALENDAR

August 12 and 13 Yoga teacher training weekend

September 23 and 24 Therapeutic Yoga and Ayurveda begins

October 14 and 15 Yoga teacher training weekend

October 20-22 Texas Yoga Retreat

For more information please visit our website

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