

Yoga Spirit Academy E-zine

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

July 2016

Volume 9, Issue 5

Yoga for Athletes

In *Shape Magazine* Nora Tobin writes:

When it comes to sports, many of us have the same mentality: We are invincible! But eventually all athletes learn that tight muscles and injuries are a common part of an active lifestyle. I have a tendency to overdo it when training for beach volleyball, so I turn to a therapeutic yoga practice to help keep my body healthy and injury-free.

Yoga builds muscle, improves flexibility, and prevents injury, which is why so many professional athletes do it. Plus, it helps calm the mind in the midst of a hectic life. Shortly after starting your practice, some of the benefits you might notice include:

- Increased flexibility and range of motion
- Improved balance and strength
- Relief of stress and anxiety

Yoga and the Recreational Athlete

Only when you can be extremely pliable and soft

can you be extremely hard and strong. - Taoist Wisdom

Anyone who works out regularly – jogging, biking, swimming, walking, Zumba, spin, martial arts, etc – will experience at least two of the ten most common athletic injuries. Victor Parachin, certified in sports yoga, will be presenting a workshop “Yoga for Athletic Recovery,” in which he will outline a dozen ways yoga can enhance athletic performance; present the ten most common athletic injuries; identify yoga poses which can prevent them; and single out the poses which can lead to quicker recovery and healing.

Join Victor on Friday, July 29th, 6:00-8:00 pm. Pre-register by Wednesday July 27 at discounted price of \$45. Workshop is \$55 after July 27.

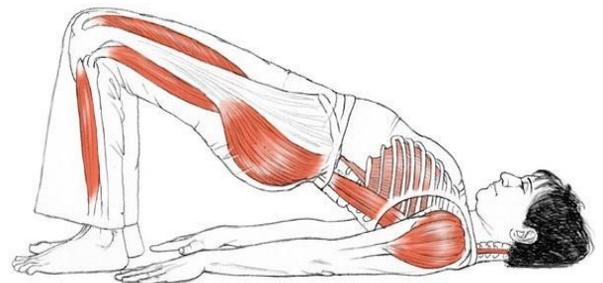
Anatomy for Yoga

August 12, 13 and 14

Join us for a fun and fascinating weekend of studying how the body participates in and benefits from yoga postures and breathing exercises. We'll learn together through lecture and movement. You'll gain a deeper appreciation for your body and how Yoga contributes to your overall good health.

Tuition: \$300 – Secure your spot with a \$50 deposit

For those who are interested in attending Yoga Spirit Academy's teacher training program, this course meets the 20-hour yoga anatomy and physiology requirement. No experience required.



Yoga Spirit Academy
200-hour and 300-hour yoga teacher training
Tulsa, Oklahoma
Dr. Janet W Parachin, Director
918-261-9786
www.yogaspirittulsa.com

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Texas Yoga Retreat



Takes place this year October 21-23 just south of Austin at Radha Madhav Dham ashram. Your registration includes all day classes in yoga, meditation, chanting, philosophy and yoga therapy, plus all vegetarian meals from Friday dinner through Sunday lunch. Accommodations are extra—stay on the ashram or off-site hotel or camping. Yoga Spirit Academy is awarding two \$200 scholarships. Watch for instructions on how to apply next month. To see the retreat schedule go to www.texasyoga.com. To find out more about the ashram go to <http://radhamadhavdham.org/>

Calendar

August 12-14 Anatomy for Yoga 20-hour course

August 20-21 200-hour yoga teacher training

September 24-25 Yoga and Ayurveda Subtle Therapies training begins

Workshops

July 29 Yoga for Athletic Recover

August 26 Breathe! Five Essential Breath Practices

See our website for information about teacher training, workshops, retreats and continuing education.



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