

Yoga Spirit Academy E-zine

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

June 2016

Volume 9, Issue 4

A Six-Course Ayurveda Feast By Janet W Parachin

Ayurveda teaches that there are six tastes of food. Every food fits into one or more categories, and the human body digests them in a particular order. The six tastes are sweet, sour, salty, pungent, bitter and astringent. They are digested in this same order: Sweet taste begins to digest in the mouth and continues in the stomach; sour taste digests in the stomach; salty taste digests in the duodenum, the first part of the small intestines, with help from the liver and pancreas; pungent taste digests in the jejunum, the middle portion of the small intestines; bitter taste digests in the ileum, the last part of the small intestines; and astringent taste digests in the colon. For well-rounded digestion, Ayurveda suggests eating all six tastes every day, although it doesn't have to be at every meal or necessarily in this order. OR DOES IT?

As an experiment, our class enjoyed a six-course Ayurveda feast which included all six tastes in order. We had a powerful insight: We felt completely satisfied at the end of the meal without the need to seek out something sweet. We thought this was significant because we usually want dessert at the end of the meal. What made this feast different, is that we ate our sweet (a healthy one!) at the *beginning* of

the meal because sweet taste is the first the body digests. Why don't you try this feast and let us know your observations?

Dandelion tea: Steep a cup of dandelion tea (several organic options are available at local natural grocery stores). Sip this hot drink during the meal. Avoid drinking large quantities of liquid; drink at least 30 minutes before or after meals to prevent dilution of stomach acids necessary for digestion.

Course #1 is Sweet: Basmati rice, plain sweet potato and fresh dates.

Course #2 is Sour: A dill pickle spear. What a contrast to the sweet!

Course #3 is Salty: Pour ¼ teaspoon of kosher salt or pink Himalayan salt onto your plate. Dip your finger into the salt and savor.

Course #4 is Pungent: Mix two teaspoons (or more) powdered wasabi with ¼ cup mayonnaise. Mix well. Dip strips of bell pepper and slices of radishes into the Wasabi Mayonnaise.

Course #5 Bitter: Shred fresh beets and add a little lemon juice. Mix well. Serve on top of fresh salad mix. Sip more of the bitter dandelion tea.

Course #6 Astringent: Slices of fresh green apple.

Note: As the season changes to summer, you may wish to substitute local summer veggies, although these menu items are still appropriate. Also if you find that fruit does not digest well when eaten with other foods, omit the dates and eat the green apples 15-20 minutes later.

Calendar

June 24	Workshop: Improve Digestion with Yoga and Ayurveda
July 23-24	200-hour yoga teacher training
July 29	Workshop: Yoga for Athletic Recovery
Sept 24-25	Yoga and Ayurveda Subtle Therapies begins
Oct 21-23	Texas Yoga Retreat in Austin

Yoga Spirit Academy
200-hour and 300-hour yoga teacher training
Tulsa, Oklahoma
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Congratulations Graduates

Congratulations to the most recent graduates of Yoga Spirit Academy's 200-hour teacher training.

Diane Lay began practicing Yoga over 20 years ago after reading an article in a running magazine about the benefits of Yoga for the prevention of running-related injuries. She bought the book *Power Yoga* by Beryl Bender Birch and enrolled in a 12-week class. She likes the physical aspect of Yoga because she believes the body is designed to move. However, it's the additional practices of pranayama and meditation which make Yoga a holistic practice for body, mind and spirit. She quotes Judith Hansen Lasater: "Yoga is not about touching your toes; it's about what you learn on the way down." Diane and her husband (plus 4 cats, 4 dogs, 2 horses and 8 chickens) moved to New Mexico last fall. She also loves the time she spends with her animals, saying "Animals have so much to teach us." She recently received a small grant to teach Yoga for Balance and wants to do more teaching of folks who are 60 and older. Diane writes, "If you have considered Yoga school but are undecided—I encourage you to enroll whether or not you intend to teach. It will deepen your practice and definitely make a difference in your life!"



Cheryl McBride got into Yoga when her running days were coming to an end and she needed another exercise practice. She immediately fell in love with Yoga. She likes that

Yoga does it all, exercising the body, breath, mind and spirit. Yoga is a forever practice! She enjoys the creativity of putting together a class, and to see the calm, peaceful faces of her students when the class comes to an end. In her day job as an early child-

hood teacher, she incorporates Yoga into her teaching in the school community. She also has opportunities to share Yoga with family and friends in her neighborhood. When not practicing Yoga, she loves being with her family, walking her dogs and working in the garden. She and her husband especially like to go to concerts and watch baseball. Cheryl writes, "Thank you to Janet and Victor for developing a wonderful and comprehensive Yoga teacher training program. I feel equipped to enter the Yoga teaching environment with the understanding that there is still much to learn."

Vicki Hibbert started taking Yoga classes at Sky Fitness & Wellbeing as cross training for the other workouts she was doing. She became fascinated by how slight changes in alignment could change the way a pose felt in her body. She observes that many workout methods encourage you to push yourself and disconnect further from your body, while Yoga encourages body awareness and a deep connection with the divine inside each of us. She is grateful for the way Yoga touches every part of her life. She loves to share Yoga with others. It makes her day when she can help a student overcome a dysfunction in their body and get in touch with themselves in a new way. And the creative process of putting together a class is so much fun! She sees her 200-hour certification as just the beginning for furthering her education in Yoga. Vicki is grateful for her supportive husband and two children. They own their own business renting houses and apartments. She also enjoys knitting, reading and has recently been learning to play golf.



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