

# Yoga Spirit Academy

Volume 8, Issue 2

## Yoga Teacher Training

New classes begin on  
April 11-12  
and  
May 16-17

*How will Yoga  
change your  
life?*

## Congratulations CrystalRose and Elissa

Congratulations to two new graduates of the 200-hour Yoga teacher training program!

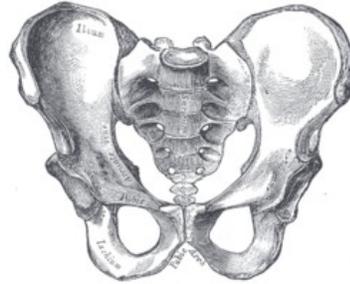
Elissa Baskovich got into yoga due to a health scare: her husband had five artery bypass surgery six years ago. He had an excellent recovery, but the medications he took caused a slow heart rate. Elissa intro-

duced him to yoga as an exercise the two of them could share together. She would highly recommend yoga to anyone with a heart condition. She's happy to report he is staying healthy and still doing yoga. In practicing with her husband, though, she found that she loved yoga too because it helps

her relax, sleep better and increases her energy level. She decided she wanted to learn more and that's when she found Yoga Spirit Academy and enrolled in the teacher training program. She was an active yoga teacher in Tulsa, but since her move to Maryland she has *Continues on page two*

## Anatomy for Yoga begins March 14

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. 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 pro-

gram. This course is open to anyone interested in yoga anatomy and physiology.

**Meet the instructor:** Janet W. Parachin, Ph.D., is a Certified Yoga Teacher, Ayurvedic Health Consultant, 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.

## Anatomy for Yoga details

**Dates:** March 14, April 4, May 2 from 12:30-7:00pm

**Tuition:** \$300 by March 7, \$320 after March 7

**Required books:** Anatomy of Hatha Yoga by H. David Coulter (Body and Breath, 2010) and Yoga Anatomy by Leslie Kaminoff and Amy Matthews (Human Kinetics, 2012, 2d ed)

**Location:** Tulsa Yoga Meditation Center, 5319 S. Sheridan Rd., in The Farm Office Building, 51st and Sheridan, across from Pier 1 Imports

Dress comfortably for yoga practice. Bring a yoga mat and notebook.

**To enroll** in Anatomy for Yoga, contact the Director at [jparachin@cox.net](mailto:jparachin@cox.net) or 918-261-9786. Or send your tuition payment to Yoga Spirit Academy (see address to the left)

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



Elissa Baskovich



CrystalRose Stewart

## Congratulations, cont.

not been teaching yoga and hopes to return to teaching again soon. She emphasizes that yoga is beneficial for all aspects of the body and mind. She especially recommends the flexibility aspect because balance is an important part of being healthy as we age. Out on the east coast she's been playing golf, walking her dogs, and, of course, doing yoga. She's also been busy lobbying on behalf of animals. Elissa, thank you for your service!

CrystalRose Stewart first experienced Yoga in the womb, since her mom practiced when she was

pregnant. As a little girl, she and her mom did Raquel videos in the living room, and she continued to practice on and off her entire life. She came to Yoga Spirit Academy as an accomplished dancer, dance and fitness instructor. She is hoping to complete a degree in Physical Therapy too and has already taken an advanced Therapeutic Yoga course at YSA. She has started to teach her own classes in Tulsa which incorporate the things she has learned, sharing with others the awareness and peace that comes from this ancient practice. She also sees herself weaving together thera-

peutic Yoga and physical therapy down the road. For now, she spends her time teaching, studying and knitting. She writes that her favorite thing about Yoga is "Balance. Yoga provides stillness in the midst of all the craziness. Yoga is the caretaker of the interwoven web of physical practice and state of mind." CrystalRose, we couldn't agree with you more!



## Henry David Thoreau (1817-1862)—America's First Buddhist By Victor M Parachin

Around the world, many know Henry David Thoreau as the author of *Walden* and the essay on *Civil Disobedience*. Fewer however, know that Thoreau may have been the first American to embrace Buddhism as a spiritual path.

As a young man, Thoreau and his brother opened a grammar school called Concord Academy in 1838. When his brother suddenly died in 1842, Thoreau closed the academy and entered a deep period of mourning. Soon after he met Ralph Waldo Emerson who supported Thoreau in his grief and encouraged him to write essays and poems. Because of Emerson's influence, Thoreau became an early adherent of Transcendentalism – a movement whose foundational philosophy was characterized by openness and interest in philosophies and

religions beyond the confines of the European and Christian traditions.

It was Emerson who introduced Thoreau to the beauty and spiritual power of various Vedic texts such as the *Bhagavad Gita*, the *Upanishads* and the *Laws of Manu*. "In the morning I bathe my intellect in the stupendous and cosmogonical philosophy of the *Bhagavad Gita*, in comparison with which our modern world and its literature seems puny and trivial," he wrote.

Thoreau then branched out into Buddhism by studying *Sutra of the Lotus of the Good Dharma* which was one of the most widely read and highly regarded Buddhist texts.

Writing later in *A Week On The Concord and Merrimack*



*Rivers*, Thoreau said: "I know that some will have hard thoughts of me, when they hear their Christ named beside my Buddha, yet I am sure that I am willing they should love their Christ more than my Buddha, for love is the main thing, and I like him too."

Buddhist philosophy appears frequently in Thoreau's thinking. Some comments from Thoreau which may be 'Buddhist inspired' include:

*Happiness is like a butterfly; the more you chase it, the more it will elude you, but if you turn your attention to other things, it will come and sit softly on your shoulder.*

*Our life is frittered away by detail...simplify, simplify.*

*What lies behind us and what lies ahead of us are tiny matters compared to what lives within us.*

*I never found a companion that was so companionable as solitude.*

*You must live in the present, launch yourself on every wave, find your eternity in each moment.*

*Every creature is better alive than dead, men and moose and pine trees, and he who understands it might well rather preserve its life than destroy it.*