



# Yoga Spirit Academy



Volume 9, Issue 2

March/April 2016

## Yoga Teacher Training

### 200-hour program

- 12 training weekends, once a month for a year
- Take time to really learn Yoga and make it a part of your daily life
- Begin training any month
- Next training dates: April 16-17 / May 14-15

### 300-hour program in Ayurvedic Yoga

- For teachers with 100 hours of teacher training or 300 hours of teaching experience
- Take some or all 7 courses
- Next course: Yoga and Ayurveda Diet and Lifestyle May 21-22, June 11-12, July 30-31, and August 6 (make-up day)

[www.YogaSpiritTulsa.com](http://www.YogaSpiritTulsa.com)

## Congratulations to Shelly

Shelly Butts is the newest graduate of the 200-hour Certified Yoga Teacher program.



She was first introduced to Bikram Yoga about eight years ago. While she loved the workout she got from the practice, she sensed there was something more than just the physical aspect. When she began to explore Yoga by trying different styles, she discovered the spiritual component of

Yoga. She finds the feelings of peace, contentment, self-love and present moment awareness to be pretty powerful. She writes, "Teaching Yoga has really fulfilled me. I think that everyone comes to the yoga mat seeking different things, so my favorite part of teaching Yoga is getting to be a part of that journey with my students and really feeling like I contributed to someone's life even in such a small way." Shelly loves to write and would love to combine the two by becoming a Yoga writer by developing a newsletter, writing articles or eventually a book. And one day she

will pursue 500-hour certification. But for now she has a little one to keep her busy, son Henry who was born in January. She



and her husband also recently bought their first house, so she's having fun decorating, being a mommy, and living near-by family and friends. We are proud of you, Shelly!

## Getting to Know Your Pelvis on April 2-3 With Jessica O-Keefe



Get to know your pelvis inside and out with Jessica O-Keefe, E-RYT 500 from Dallas. Jessica has 20 years of experience guiding people in yoga and movement education and has developed a specific line of research focused on women's health and the pelvic floor. These workshops are for both men and women.



Those who specifically have low back pain, sacroiliac joint discomfort, digestion issues and pelvic floor problems will find the information invaluable. All levels welcome. *These workshops provide Yoga continuing education and are approved for credit for students enrolled in Yoga Spirit Academy.*

Experience the relationship between the joints, tissues and organs of the pelvis and

how your own unique pelvis moves and does not move.

**\$150 for all three workshops if paid by April 1 OR \$175 on April 2**

Saturday, April 2  
1:00-3:00pm \$50  
Get to know the relationship between the sacrum, spine and pelvis.

Saturday, April 2  
5:00-7:00pm \$50  
Get to know the relationship between the pelvis and the legs.

Sunday, April 3  
9:00am-12:00noon \$75  
*Open only to those who attended both Saturday workshops*

Yoga Spirit Academy—Tulsa, Oklahoma—[www.YogaSpiritTulsa.com](http://www.YogaSpiritTulsa.com)—Dr. Janet W Parachin, Director



## Eagle Pose: Yogic Insights about *Garudasana*

By Victor M Parachin

Eagle pose (*Garudasana* in Sanskrit) is named after the majestic eagle. One reason why this pose is named after this magnificent creature is due to the bird's vision and lofty perspective. Yoga teacher Swami Lalitalanda, author of *The Inner Life of Asanas*, did some research about the eagle discovering "just how phenomenal their vision is. Imagine acuity of sight four times as powerful as the most perfect human eye, and transparent eyelids that blink away dust while allowing continuous vision. Visualize an eagle soaring

high enough to track territory within a three-square-mile radius and able to spot a rabbit running a mile away. Imagine having double focusing power that gives you the capacity to look ahead with binocular vision and depth of field, and yet also to focus sideways with monocular vision. Imagine the flexibility to rotate your head 270 degrees and to extend vivid color perception into the subtle range of ultraviolet. "

Perhaps ancient yogis also had access to this information about an eagle's vision and

named the pose after the creature in order to remind us how limited and narrow our own perspective often is. So, the next time you're doing eagle pose, pause and reflect on the need to cultivate a more expansive perspective toward life, toward others, toward yourself. A good affirmation to connect with while holding eagle pose is this: *I welcome new ways of seeing.*

*Victor M. Parachin blogs several times a week. Catch up with him at [www.dharmaroundup.com](http://www.dharmaroundup.com)*

### Healing through Mantra Workshop

Friday, March 11  
6:30-8:30pm \$40

Discover how the practice of mantra meditation heals body, mind and spirit. Learn at least one mantra you can use daily to heal your life.

Instructor Janet Parachin recently returned from studies with Dr. Vasant Lad and is excited to share what she has learned with you.

*This workshop provides 2 hours of credit toward the yoga teacher training program, or 2 hours of continuing education for yoga teachers.*

Contact Janet to register:  
[jparachin@cox.net](mailto:jparachin@cox.net)  
918-261-9786

## Mantra Heals Body, Mind and Spirit

By Janet W Parachin



A mantra is a "mind tool" that is used to focus the mind during meditation. Mantra also means "to set the mind free from" those habitual patterns that keep it stuck. Repeating a mantra is a fantastic way to both help the mind concentrate during meditation and to heal body, mind and spirit.

Mantras that come from the Vedic tradition are in Sanskrit, one of the oldest languages on earth. The Vedas (India's scriptures) teach that the sounds of the letters vibrate at specific frequencies which tune them to subtle forces in the body. These vibrations heal the body at the cellular level.

Mantras work on nadis and

chakras. Nadis are "streams" of energy that move throughout the body. Chakras are "wheels" of concentrated energy that rest at various places in the body, the most famous of which are the seven chakras that sit along the spine from the tailbone to the crown of the head. Every location in the body, including every organ and each chakra, has its own special sound—a mantra—which balances and heals dis-ease in that location.

Other mantras are tuned to the energy of the mind to provide support for those dealing with men-

tal issues like depression, anxiety, loneliness, fear and anger. In fact, there is nothing that can affect mental pain more quickly than mantra because the sound waves immediately touch the primitive part of the brain where emotions are formed.

Some mantras are based on Vedic scripture, others are used to direct energetic forces like fearlessness or love, and others are simple "seed" syllables which cannot be translated. An example of a seed syllable is OM, the original sound through which the universe came into being. Chant this simple mantra to experience connection to everything and everyone.