

Yoga Spirit Academy E-zine

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

March/April 2018

Volume 11, Issue 2

Walking Meditation

By Janet W. Parachin

This is part two of a six-part series on Meditation. Read the first article on “Sitting Meditation” by clicking on the link at <http://yogaspirtulsa.com/Newsletters>. 2018 is the year to go within. And the beauty of meditation is that you are not just going within to ruminate, worry and plan; you’re going within to relax, look deeply and understand. This is the first step for all healing, and it is the most powerful way to connect with the world. For when we look deeply, we experience our deep connection to everything.

Often we encounter people who say they can’t meditate because they can’t sit still. No kidding! This life is a busy one and society demands that we keep moving forward. We all know it’s not healthy for us on any level, but don’t see any other way to live. Walking Meditation is an excellent transitional practice toward sitting meditation because it incorporates movement. And it is a powerful practice of connection—connection to self, connection to the earth, and connection to others.

Connection to self occurs when we truly feel the body moving through space. We may be moving all day long, but rarely do we notice our movement. (Unless we’re moving in pain or are otherwise self-conscious of our body.) In meditation we move at a slower pace than normal with complete attention on how our foot is making contact with the floor. We hear the cracks and pops of joints. We feel the body shift side-to-side as we move forward. We sense our breath going deeper.

Connection to earth occurs as we gently touch Mother Earth with our feet, for earth is our home during

our embodiment. Bare feet walking on grass is the ultimate experience, but certainly any mindful walking will remind us of the generosity of Nature and our responsibility to care for the earth throughout the day.



Connection

with others occurs as we acknowledge all beings who share this earthly home with us. And if we can practice walking meditation in a group setting, we experience the heightened energy of practicing together and the realization that we can only walk as quickly (or slowly!) as the person in front of us. And that none of us ever need to be in a hurry.

To practice Walking Meditation, find a large space in which to walk, outdoors if possible. (I have walked up and down a long hallway indoors on a rainy day, so please be creative.) Remove your shoes, if possible, so you’ll actually feel the floor or grass on the skin of your feet. Stand quietly at first and listen to your relaxed breath. Slowly, deliberately, lift one knee and feel the weight of the body shift to the other leg. Gently step

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Yoga Spirit Academy
200-hour and 300-hour yoga teacher training
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Allergy Relief Workshop

Janet Parachin, PhD, is a certified yoga therapist and Yoga and Ayurveda Wellness Consultant. Her "Healthy Living through Yoga & Ayurveda" series concludes on Friday, March 23 with an Allergy Relief workshop. The cost is \$45. Come to learn how the ancient wisdom of Yoga and Ayurveda can help people tackle modern health challenges like living with allergies in Oklahoma.

Yoga teachers will receive 2 hours of continuing education credit, but even more, helpful information to share with their students and clients. For more information and to register

<http://yogaspiritulsa.com/Training-Workshops/Workshops>



Walking Meditation *continued*

forward and place the foot down. Shifting weight to the front leg, lift the other one and step forward again. Move as slowly as you can, taking one or more breaths with each step. Let your arms rest at your side, cup them and place in front of the lower abdomen, or hold the hand of your walking partner.

Let your mind be completely focused on the practice. Smile, go within, accept and understand. This is indeed a wonderful moment.

Thich Nhat Hanh, Buddhist teacher of mindfulness, says "The true miracle is not walking on water or walking in air, but simply walking on the earth."

Advanced Pranayama and Meditation

Our next 50-hour advanced teacher training course will meet May 19-20, June 16-17, July 28-29, with an August 18 make-up day. Students can miss one weekend or two days and make it up on August 18. This course goes beyond the basics of pranayama and meditation to delve into more complex forms and to enable teachers to expand their own personal practice and lead others in the practices. Topics include: instruction in the Bhagavad Gita, breathwork and meditation for physical healing, chakras, mantras, aromatherapy and gemstones. For more information and to register

<http://yogaspiritulsa.com/Training-Workshops/Advanced-Training>



CALENDAR

- March 3-4 Yoga Teacher training weekend
- March 10-11 Restorative Yoga advanced teacher training
- March 23 Allergy Relief through Yoga & Ayurveda
- April 14-15 Yoga teacher training weekend

For more information please visit our website

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