

Yoga Spirit Academy E-zine

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

May 2016



Volume 9, Issue 3

Ayurveda Heals Spring Allergies By Janet W Parachin

If you've lived in Oklahoma or Texas for any amount of time, you know how bad seasonal allergies can get. And this year has been made worse by the mild winter. What's a Yogi to do?

Try Ayurveda! This ancient healing art from India has the answer for seasonal allergies. Take a two-part approach: First, eat foods appropriate for the season. Here's why: The foods of fall and winter are heavy and fattening. (Thanksgiving-Hanukkah-Christmas-Valentine's Day fare) The purpose of this type of food in the winter is to add a small fat layer to the body to keep warm during the winter. But the problem is that too many people continue to eat like this even after winter has passed. Once the spring shoots appear, it's time to put away the heavy foods and begin to eat spring foods. The best choices are leafy greens, radishes, beets, ap-



ples, pomegranates and pears. Put aside all heavy foods like dairy, meat and fried foods. Not only will your seasonal allergies improve, but you'll lose some weight too.

Part two: Yoga has excellent postures to tackle seasonal allergies, especially flowing sequences and heart openers. Here's why: Ayurveda recognizes the symptoms of seasonal allergies (lung, throat, ear, eye and sinus congestion) as a form of stagnation. If mucous doesn't move, it gets stuck and turns into infection. Get the mucous to move and you can remove stagnation. The best yoga postures are Sun Salutations, standing poses like Triangle, Warriors and Side angle, and back bends like Cobra and Camel.



Bonus: Scrape your tongue every morning upon rising, then brush your teeth to send bacteria down the drain. Clean the nasal passages with neti pot irrigation morning and evening. Sip warm water throughout the day to stay hydrated.

Dates to Remember

- May 13-14 200-hour yoga teacher training
- May 21-22 Yoga and Ayurveda Diet and Lifestyle begins
- June 24 Workshop: Improve Digestion with Yoga and Ayurveda

SAVE THE DATE

October 21-23 Texas Yoga Retreat in
Austin, Texas

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

Four new Certified Yoga Teachers in April! Congratulations to Bee Bradley, Jacie Cook, Andy McCrackin and Angela Beeson.

Bee Bradley was a busy fitness instructor, in pain both physically and mentally, on the verge of shoulder surgery when she was introduced to yoga. It was a life-saver! Yoga taught her to be more conscious of her body, to slow down and respect herself. She avoided surgery and found a new level of awareness. In addition to practicing asana, she likes to focus on breathing and Sankalpa meditation to de-stress body and mind. She teaches regular classes at Hopestone Arts & Cancer Support Center in Bartlesville, OK. She enjoys sharing postures, breathing and meditation with her students. Because of what she experienced, she wants to both help others find healing through Yoga and be an inspiration to others of what that healing looks like. In addition to Yoga she likes to spend time with her family and four dogs, gardening, doing chores, going to church, daily ro-



sary, meditation and being in nature. She is very grateful to Janet and Victor and Yoga Spirit Academy for helping her get to where she wants to be. "With patience and perseverance I can do whatever I want to for as long as I respect and love myself and other people."

Angela Beeson took her first Yoga class when she was pregnant with her first child, Ronin. She had been practicing martial arts for years, but wanted something that would be safe and supportive during her pregnancy. Every time she steps on the yoga mat she experiences a new opportunity to explore mind, body and soul. As a busy mom of two sons she doesn't have time to teach a lot of Yoga classes but she and her husband are in the process of creating a center for Yoga and martial arts. She loves the creativity of crafting a class, sharing it with others, and seeing what they take away from the class. In their Yoga and martial arts studio she hopes to offer classes for pregnant women and for families. In addition to Yoga and family life she enjoys reading and doing crafts. She recently started dancing and knitting—but she assures us not at the same time. "I'm excited to create a space to teach and share what I've already learned and what I will continue to learn."

Yoga and Ayurveda Students

Here are Yoga Spirit Academy's first Yoga and Ayurveda advanced students standing on their heads in celebration. Jenny Earle, Janet Parachin, Brian Kettler, Alyssa Worth, Victor Parachin and Sheri Dossett with Caryn Smith taking the photo. Absent: Jeanne Doss. We completed Constitutional Analysis in April and will begin Diet and Lifestyle on May 21-22. We have room for you if you want to join us. And you don't have to stand on your head (unless you want to).



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