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Yoga Spirit Academy

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Congratulations Kelly Bentley

Kelly Bentley completed YSA's 200-hour yoga teacher training program in March. She started practicing yoga in college as a way to deal with the stresses of college life. She confesses that she did not immediately fall in love with yoga, but something made her stick with it. Soon she started practicing at home too and, through regular practice, she was hooked. She came to Yoga Spirit Academy with the hope of sharing yoga with others, and she has had many opportunities to teach. But more than teaching

yoga, she has discovered the joy of living yoga and meditation on and off the mat. She marvels how "students get the connection between their actions day to day (Dhyana) and how it affects their mental/emotional/physical state. I appreciate the moment when a student shares how much better they are due to participating. They empower me, and I empower them. It's win-win." She and her partner are currently building a tiny house on wheels and are learning



to live off the grid. When she's not practicing yoga she likes to work in her garden, cook, go hiking and biking. Like so many who are a part of YSA, Kelly is a yoga gem, reflecting her many facets to everyone she meets!

Certified Yoga Teacher Training begins June 21-22 and July 19-20

We accept new students every month

Advanced Yoga Teacher Training

Therapeutic Yoga begins in August

How will Yoga change your life?

Ayurveda: Yoga for Your Dosha A workshop with Janet Parachin, Ayurvedic Health Consultant on Sunday, June 1, 3:00-5:00pm. \$40 in advance. Download a flyer from "Workshops" www.yogaspiritulsa.com

Ayurvedic Eating for the Summer Season By Janet W Parachin

Ayurveda recognizes that the changing of the seasons affects our dosha, our natural in-born constitution. Of the three doshas, summer has the most affinity with Pitta dosha, with its characteristics of hot, liquid, oily, sharp and smelly. No matter what your dosha, everyone sees some increase in Pitta during the summer months. Signs of increasing Pitta include feeling over heated, flushing, rashes and acne, inflammation, burning sen-

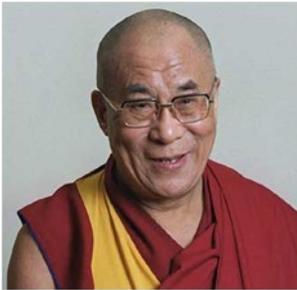
sations anywhere inside the body or on the skin, frustration and anger. Some people have a predominant Pitta dosha, so it doesn't take much to increase and aggravate Pitta dosha!

But there are ways to eat in the summer that will alleviate Pitta dosha. Avoid pungent, sour and salty tastes. This includes hot, spicy foods, such as chilies, garlic, onions and radishes; sour and fermented foods like sour cream and sauerkraut;

and foods that are overly salty, like salted and roasted nuts, salty snacks and salty cheeses. Instead, favor sweet, astringent and bitter tastes. Indulge in the many sweet fruits of summer: *continued on page two*



A Lesson from the Dalai Lama By Victor M Parachin



An American writer tells of visiting the Dalai Lama in Dharamsala, India. While there he was invited to meditate

with the monks. Rising at 3:30 am for the first meditation round, the man meditated and was doing well until, an hour later, hunger pangs emerged. Dedicated to the meditation practice, he worked to ignore them assuming that this material concern had no place in the midst of a spiritual practice.

His assumption was quite incorrect for less than a few minutes later a basket of freshly baked bread made its way down the silent line of meditators. That was followed by a jar of peanut butter with a single knife. All the meditators ate a breakfast of bread and peanut butter in communal silence. Then they promptly resumed formal meditation practice.

The writer learned that this pragmatic approach to monastic life came directly from the Dalai Lama. His philosophy is that the journey toward higher consciousness can be combined with practicality. That approach reflects a proper balance between mind and heart, between the material and

The purpose of our lives is to be happy.

-H.H. The Dalai Lama

the spiritual. It is a balance which is often absent in the lives of many. Yet, those who cultivate this balance live with daily happiness and joy.

Visiting Hindu Temple of Greater Tulsa



Snapshots of Yoga school



Lakshmi



Master Teacher Stacie Beckert

Ayurvedic Eating (continued)

sweet apples, melons, pears, pineapple and plums. Explore a wide variety of vegetables including asparagus, broccoli, green beans, lettuce and squash. When the heat rises, focus on cooling foods, like cucumber, mint, cilantro and lime. For a special treat, enjoy some ice cream.

All doshas, whatever the season, are encouraged to avoid ice cold drinks because ice squelches the digestive fire and interferes with the proper absorption of vitamins from food. Nevertheless,



drink about 1/2 of your body weight in liquids during the summer months. (For example, a person weighing 150 lbs should drink 75 oz, or about 9 1/2 cups, per day in the summer.) Drink astringent herbal teas like alfalfa, raspberry leaf, hibiscus, dandelion and comfrey with stevia or raw sugar. Drink milk, pomegranate, pineapple or cranberry juice, or cooling green vegetable juices. Or try some cool water with a twist of lime.