

Yoga Spirit Academy

Volume 8, Issue 3

Yoga Teacher Training

New classes begin on
June 13-14
and
July 11-12

How will Yoga change your life?

Advanced Anatomy for Yoga begins August 29

You've heard us say it a hundred times—a yoga teacher can never know enough anatomy! Please join us for this advanced course in anatomy if you've already completed a basic course in yoga anatomy. This 25-hour course goes beyond the basics of anatomy to explore the biomechanics of the shoulders, hips and spine; common injuries with an emphasis on anatomically safe movements; assisting and adjusting that is anatomically informed; and the anatomy of breathing. Class size is limited to 15 stu-



dents. A \$50 deposit reserves your space in class. For more information, contact the Director or visit our webpage <http://yogaspirittulsa.com/Training-Workshops/Yoga-Anatomy>

Who can attend? Anyone who has completed a basic yoga anatomy course.

Dates:
August 29, 2015 (*date change*)
September 26
October 24
November 21
December 5 (make-up day, if needed)

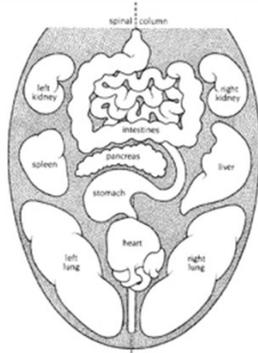
Time:
1:00-7:00pm

Tuition
\$375

Why You Need to Clean Your Tongue Every Day

By Janet W Parachin

Ayurveda recommends cleaning your tongue every morning with a V- or U-shaped stainless steel tongue scraper. Once you know why, you'll want to make this a regular part of your morning routine. While you sleep bacteria builds up on your tongue. If you don't get rid of it through scraping, it will travel into your sinuses and throat and increase the likelihood of you getting ill. (This is especially important during allergy season when pollen irritates the nasal passages.)



Note: This diagram is used to look at one's own tongue in a mirror. It is a mirror image.

Ayurveda recognizes that the tongue is a mirror of the body's organs. In fact, Ayurvedic practitioners can get very good at diagnosing dis-

orders in the body simply by reading the tongue. You can see that when you scrape the entire tongue, you send messages to all the body's organs, stimulating them to work more efficiently.

And Ayurveda also recognizes that the tongue is the first step in digesting the day's food. Scraping encourages saliva to flow, which begins the digestive process, making you hungry so you'll break the evening fast. Now that you know why you scrape the tongue, here is an easy way to

do it: When you get up in the morning, before you drink or eat anything or brush your teeth, use the tongue scraper from back to front 7 times. Rinse off the scraper under running water in between the scrapes. Experiment with how far you can place the scraper without gagging. Follow up with a cup of water (room temperature or heated) into which you've squeezed ¼ to ½ a fresh lemon. The lemon will stimulate the liver, the next stage of the digestive process, and set you up for a beautiful day!

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

*He who
knows others
is wise; He
who knows
himself is
enlightened.*
- Lao Tzu

WORKSHOP
**Healing Psychological
Stress through Yoga
and Ayurveda**

June 7, 2015
3:00-5:00pm
\$40 by June 5
\$50 after June 5

Stress takes many forms in our modern life—tension, pain, anxiety, sadness, grief, and loneliness. While we can't make stress disappear, we can engage the ancient arts of YOGA and AYURVEDA to cultivate calm, patience and peace. Learn the Ayurvedic techniques of diet, exercise, aromatherapy and visualization for keeping the body/mind healthy and calm, and participate in the Yogic practices of pranayama and meditation which cultivate a balanced and stress-free life.

JANET PARACHIN is a certified Yoga teacher and certified Yoga and Ayurveda Wellness Consultant.

Ten Questions to Ask Yourself

By Victor M. Parachin

In Eastern spiritual philosophy, self-knowledge is a highly prized objective. Here ten questions to ask ... *and answer* for yourself. The sooner, the better.

1. Since death is certain but the time of death is uncertain, what is the most important thing for me to know or do?

2. When was the last time I did something for the first time?

3. Who do I love and what am I doing about it?

4. Would I be friends with myself?

5. What is the best use of each day of my life?

6. What am I doing to help others?

7. When I go to bed at night and look back at the day, am I satisfied?



8. Am I experiencing joy; am I bringing joy?

9. If those who know me best gave me one piece of advice, what would they say to me?

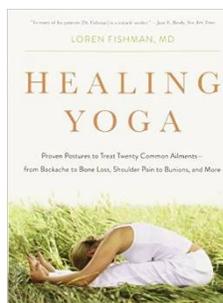
10. What would I like people to say about me at my funeral?

BOOK REVIEW: Healing Yoga by Loren Fishman, M.D.

Reviewed by Janet W Parachin

I've often talked of Dr. Loren Fishman, my favorite medical doctor/yoga teacher. He is doing some of the most amazing research into the health benefits of Yoga! His credentials are impressive: a practicing physician in rehabilitative medicine in Manhattan, he is also on the faculty of Columbia College of Physicians and Surgeons. He is well-known in the yoga community for his research into yoga postures for sciatica, rotator cuff injuries, back pain, osteoporosis and scoliosis. You can learn more about his research on his website www.sciatica.org. In addition, Dr. Fishman studied Yoga with B.K.S. Iyengar in India and has been a yoga practitioner for 40 years.

In his new book, *Healing Yoga*, he affirms that Yoga is for everybody, no matter one's age or physical ability or disability. Yoga has been around a very long time and has helped a lot



of people through the ages. But it's only been recently that

Western science has studied the positive effects of Yoga and there is now ample evidence to support Yoga's ability to treat and prevent back pain from all causes, injuries to the rotator cuff muscles, headaches, the common cold, as well as systemic problems like premenstrual syndrome, depression and obesity.

He makes a strong case for Yoga's ability to not only treat existing problems, but also to prevent others from occurring, such as his groundbreaking research into Yoga for preventing and reversing osteoporosis. Here you'll find

20 chapters on a wide range of health issues, grounded in the latest scientific research and written in an understandable way. He offers plans for yoga practice with pose descriptions and photographs.

Dr. Fishman's bias is toward Iyengar-style yoga, although he recognizes that other styles can be helpful too. Some folks find this style of yoga to be too precise and tedious, and you'll encounter some of this here. Also the focus is almost exclusively on postures, with a few suggestions for pranayama. Those who prefer more balance in their postures/breathing/meditation will need to supplement from other sources.

This book is useful for those who are new to yoga as well as yoga teachers who are working with particular issues in their students. Thank you, Dr. Fishman, for your ongoing research!