



Yoga Spirit Academy



Volume 8, Issue 6

200-hour Yoga Teacher Training

New classes
begin on
December
12-13
and
January 9-10

*How will Yoga
change your
life?*

Holiday Meditation Re- treat with Victor Parachin

Sunday, December 6
4:00-6:00 pm

*Embrace bliss, reduce
stress during the holiday
season*

Contact [umpna-
maste@gmail.com](mailto:umpna-maste@gmail.com) or
[www.TulsaYogaMeditati
onCenter.com](http://www.TulsaYogaMeditati
onCenter.com)

Ayurvedic Yoga Teacher Training—300 hours

Ayurveda, the 5000-year-old "science of life" is the companion to Yoga in the ancient Indian arts of health and wellness. Yoga emphasizes postures, breathing and meditation, while Ayurveda teaches the best diet and lifestyle choices according to one's constitution. Together these systems provide a holistic vision for living with vitality, clarity and joy.

Yoga Spirit Academy's 300-hour Ayurvedic Yoga Teacher Training (AYT) is a comprehensive exploration of the relationship between Yoga and Ayurveda. Students who undertake this program will

√ Learn the healing aspects of Yoga and Ayurveda

√ Deepen their own understanding and practice of Yoga and Ayurveda

√ Uncover new ways to see themselves and others through the lens of Yoga and Ayurveda

√ Learn how to assess their students' needs according to the ancient teachings of Yoga and Ayurveda

√ Develop plans and programs that will meet students' needs in both group settings and in private settings

√ Grow in confidence, understanding and wisdom as they embark on a journey with others who share their values

Applications available online or from the Director.
Enrollments accepted until the course is full.

Yoga and Ayurveda Constitutional Analysis

Saturday and Sunday, 1:00-7:00pm

January 30 and 31, February 20 and 21, March 19 and 20, 2016

April 10 *Free make-up day*

This course covers the philosophy of Ayurveda, aspects of Ayurvedic anatomy (5 elements, 3 doshas, 7 dhatus), the disease process according to Ayurveda, and how to analyze constitution through pulse, tongue and facial analysis.

Total hours: 45

Tuition: \$675 *Payment plans available*

Texas Yoga Retreat—October 16-18 in Austin, Texas



Radha Madhav Dham ashram just south of Austin



Janet and Victor Parachin, Kate Kruse, Shelly Butts and Celeste McNeal attended the Retreat this year.



Yoga, meditation, chanting, and more!

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

AUTUMN WELLNESS WORKSHOP

with Janet

Sunday, November 8

3:00-5:00pm

\$40 in advance

\$50 at the door

In this workshop you will learn how to recognize Vata aggravation, a simple detox you can do to transition from summer's heat to autumn's coolness, why it's important to eat with the seasons and what foods to choose this time of year, how to prepare for the temptations and stresses of the holiday season, and daily practices to keep you healthy throughout autumn and winter.

Janet Parachin is a certified Yoga and Ayurveda Wellness Consultant. Register at jparachin@cox.net or 918-261-9786.

Autumn Detoxification

By Janet W Parachin

Ayurveda recognizes two optimal times during the year for detoxification—Spring and Autumn, at the changing of the seasons. In the Spring, detox emphasizes losing winter weight and gearing up for Summer. In Autumn, detox is about slowing down and restoring body and mind after a busy summer. Here's why: Summer is dominated by the fire element. The changes of fall introduce more of the air element. When air blows on fire, the fire actually burns hotter. In our bodies this can lead to mental and physical burnout. Certain organs are more likely to be affected, such as the liver and gall

bladder. We're likely to have poorer digestion, a weaker immune system, and mental stress in the form of anxiety and frustration. Take some time now to address these issues for a healthier autumn and less stressful holiday season.

✓ **Slow down:** Take one thing *off* your calendar this week. Practice restorative yoga postures a couple of times a week.

✓ **Go for a peaceful walk** outside. Sit for 5 minutes of meditation. Take some deep breaths.



✓ **Eat healthy foods:** Cook your own food as much as possible, using fresh ingredients. Avoid sugar and alcohol.

✓ **Make lunch your heaviest meal** and dinner your lightest.

✓ **Cleanse the body:** Use a neti pot most days to keep the nasal passages clear.

✓ **Reflect:** What lifestyle choices make me feel the most healthy?

Yoga Wisdom from Marilyn Monroe

By Victor M Parachin

The actress Marilyn Monroe was presented by Hollywood studios as a Hollywood sex symbol but beyond that she was a woman of considerable depth and insight. Here are some statements from her matched by the Yoga view:

Marilyn: *Women who seek to be equal with men lack ambition.*

Yoga view: Tap into your potential and be all that you can be. You are better, larger and greater than you believe.

Marilyn: *I believe that everything happens for a reason. People change so that you can learn to let go, things go wrong so that you appreciate them when they're right . . . and sometimes good things fall apart so better things can fall together.*



Yoga view: Let go of control and our attachments to life.

Marilyn: *Imperfection is beauty, madness is genius and it's better to be absolutely ridiculous than absolutely boring.*
Yoga view: Be an individual; flow against the stream and social conventions.

Marilyn: *I don't want to be*

wealthy; I just want to be wonderful.

Yoga view: Professional growth must be reinforced by personal growth.

Marilyn: *We should all start to live before we get too old. Fear is stupid. So are regrets.*
Yoga view: Don't worry about aging; focus on how you are living.

Marilyn: *Give a girl the right shoes, and she can conquer the world.*

Yoga view: The *yamas* and *niyamas* are Yoga's "shoes" giving us a foundation for dealing with life.

Marilyn: *All little girls should be told they are pretty, even if they aren't.*

Yoga view: See the best in everyone by helping them to recognize their inner divinity nature so they can evolve.

