

Yoga Spirit Academy E-zine

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

October 2016

Volume 9, Issue 8

Congratulations Beth Goodwin!

We're excited to introduce you to our newest graduate of the 200-hour yoga teacher training program. Beth Goodwin completed the program in one year with perfect attendance at all 12 months of teacher training. She also enrolled in YSA's 300-hour Ayurvedic Yoga Teacher training and will begin classes in 2017.

"I went to my first yoga class at a small gym in Farmington, New Mexico 17 years ago. I was hooked immediately. My favorite thing about Yoga is that no matter how I feel before I step on the mat—happy, sad, tired, angry, excited—I always feel better when I step off. My favorite thing about teaching Yoga is

being able to share what I love. When I'm not practicing or teaching Yoga I love to run. I have 3 half marathons and a full marathon scheduled over the next 3 months. I also love to travel, especially in the fall and winter when I can hike, ski and snowshoe."

Congratulations, Beth!



Meditation and Mudra Workshop with Victor M Parachin

Friday, November 4, 6:00-8:00pm

Tulsa Yoga Meditation Center

This meditation retreat will include a presentation about Yoga Mudras, silent meditation, guided meditation and sound meditation. Led by

Victor M. Parachin, M. Div., CYT author of several books including *Eastern Wisdom for Western Minds*; *How to Be Spiritual, Not Religious*; and *Sit A Bit: Five Minute Meditations for Greater Health, Harmony and Happiness*.

**This workshop fulfills the meditation workshop



requirement for the 200-hour yoga teacher training program.

\$45 by November 1st / \$55 after November 1st

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

Yoga Spirit Academy
200-hour and 300-hour yoga teacher training
Tulsa, Oklahoma
Dr. Janet W Parachin, Director
918-261-9786
www.yogaspiritulsa.com

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Mudra: Healing Power in Your Hands by Janet W Parachin

Mudras are hand gestures that are used to express different qualities of mind. There are hundreds of them, each representing a different quality that we might seek through meditation. But they are not just mind-oriented, but are also believed to have therapeutic effects on the body by restoring balance, re-directing excess tension, strengthening a weak immune system, and helping us work with pain in the body.

Mudra comes from the two Sanskrit words mud, meaning “to delight or pleasure,” and dru, meaning “to draw forth.” Mudra is usually translated “seal,” since what we do with the hand gesture is to seal in the energy of the quality we are seeking.

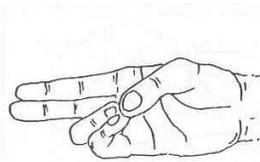
Here are three mudras you might enjoy practicing during meditation. Put both hands into the shape of the mudra and place your hands on your thighs.

Jñana mudra: Bring together the thumb and forefinger while the other fingers fan out. Jñana means “knowledge” or

“wisdom,” so this is good one to use when you are seeking a wise solution or would like to better understand what is going on.



Prana mudra: Bring together the thumb, ring finger and little finger while extending the other fingers. Prana is our life-force energy, so using this



mudra will lessen fatigue and give you an energy boost.

Apana mudra: Bring together the thumb, middle finger and ring finger while extending the other fingers. Apana refers to the downward moving energy of the body and is especially connected to elimination. Use this when you need a stronger connection to the earth and need to settle down, or if you're having difficulties with elimination or menstruation.



CALENDAR

October 21-23 Texas Yoga Retreat in Austin, Texas

October 29-30 Yoga and Ayurveda Subtle Therapies for Body and Mind

November 4 Meditation and Mudra workshop with Victor Parachin

November 12-13 200-hour yoga teacher training weekend

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