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Yoga Spirit Academy

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Congratulations to Kimberley and Sheri

Congratulations to Kimberley Johnson and Sheri Dossett who completed the yoga teacher training program in August.

For **Kim Johnson**, Yoga is her meditation. It helps her feel centered and whole. She loves that Yoga is something everyone can do to help themselves, and is always



very excited to hear when her students develop their own home practice.

Her practice began in Venice, FL 20 years ago. She practiced with a teacher who emphasized a safe, embodied prac-

tice. After many years of living in Tulsa, raising her children, running a business, and attending Yoga Spirit Academy, she has returned to Florida to live on her favorite island to teach and practice Yoga. She has a special interest in working with the elderly and helping those who are recovering from injury find wellness through Yoga.

Sheri Dossett admits she got into Yoga as a form of exercise, but quickly realized that it had so much more to offer. She had to practice at first with videos because there was no studio near her house. She enrolled in Yoga Spirit Academy so she could

learn more and soon found opportunities to share what she was learning with others. She loves to watch the transformation of her students as they grow in the practice and finds

that she learns just as much from observing them. She

helps them to see that Yoga takes many forms and that there is something for everyone—from power to restorative. She teaches at Tranquility Yoga Studio as well as being a massage therapist and managing her husband's trucking company.



Certified Yoga Teacher Training

October 11-12

November 15-16

We accept new students every month

How will Yoga change your life?

In Memory of B.K.S. Iyengar

Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open.

Texas Yoga Retreat—15% Discount

This annual retreat will be held October 24-26 in the Texas hill country, just south of Austin, at a Hindu ashram called Madha Radhav Dham. Yoga classes for all levels, meditation, vegetarian meals, or quietly explore the beautiful landscape. You can stay at the ashram or at a nearby hotel or campground. Get the best



our group and receive 15% off the registration fee.

rate by registering by September 24. Register with

****Important:** You must register with our group and use our special code to receive the discount. Please contact Janet by phone or email to learn the code. You can see the line-up of classes and teachers on their website www.texasyoga.com

“Live Happily; Die Majestically” IN MEMORY OF B.K.S. IYENGAR By Victor Parachin



B.K.S. Iyengar, one of the most prominent and influential Yoga teachers in the world died August 20th. He was in his 96th year. In announcing his passing, his words were posted on the Iyengar website: "I always tell people: 'live happily; die majestically.'" Iyengar became a living legend by teaching Yoga for more than 75 years. His highly technical bio-mechanical approach appealed to many and frustrated others. Though he would become world famous and accrue considerable wealth via Yoga, his early years were ones of struggle trying to establish a Yoga career.

His daughter, Geeta Iyengar, recalls the perseverance and determination it took for her father to succeed as a Yoga teacher: "Guruji suffered greatly through poverty, struggling for every rupee that he made from teaching Yoga. Our family finances were frequently in a bad state, and I recall reading in his diaries how he would often cycle for many miles to teach a student just so that he could afford to buy one meal that day."

Initially, his focus was almost entirely upon asana (the Yoga poses) but in his later years, he came to appreciate and articulate the spiritual philosophy of Yoga explaining: "It took me whole decades to appreciate the depth and true value of Yoga. Sacred texts supported my discoveries, but it was not they that signposted the way. What I learned through Yoga, I found out through Yoga."



He wrote a book about postures called *Light on Yoga*. Later books include *Light on Pranayama* and *Light on Life*.

Iyengar pioneered the use of props in Yoga teaching as a means to modify the poses and adjust them to different body types. He used over 50 different props in his teaching, many of which made the postures soothing and healing for people recovering from injury and illness. Throughout his life, Iyengar

Yoga teaches us to cure what need not be endured and endure what cannot be cured.

-B.K.S. Iyengar

Iyengar practiced the postures every day, even continuing with his daily 30-minute headstand until days before his death.

Here are some words of wisdom from B.K.S. Iyengar:

If you take up any noble line and stick to it, you can reach the ultimate. Be inspired, but not proud. Do not aim low; you will miss the mark. Aim high; you will be on the threshold of bliss.

Illuminated emancipation, freedom, unalloyed and untainted bliss await you, but you have to choose to embark on the Inward Journey to discover it.

Change is not something that we should fear. Rather, it is something that we should welcome. For without change, nothing in this world would ever grow or blossom, and no one in this world would ever move forward to become the person they're meant to be.

Join us for our Fall Workshops

Yoga for the Upper Back and Neck with Janet Parachin

Friday, September 19 6:30-8:30pm

Explore how poor posture and overuse of the muscles result in tension and pain in the upper back and neck. We'll learn yoga practices and share information from Ayurveda to benefit these delicate areas.

\$40 by September 17 or \$50 after September 17

Kirtan: Yoga for the Soul

Sunday, November 2 5:00-7:00pm



Kirtan is devotional singing accompanied by instruments. Sandhya Reddy will play tambura and Josh Masad will play tabla. Victor Parachin will give an introductory talk on sound, mantra and chanting. \$40 by October 29 or \$50 after October 29

****Students receive 2 hours of credit toward the teacher training program or a Continuing Education certificate for each workshop****

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