

# Yoga Spirit Academy

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## Yoga Teacher Training

New classes begin on October 10-11 and November 14-15

*How will Yoga change your life?*

Walking with a friend in the dark is better than walking alone in the light.  
-Helen Keller



## Congratulations to Jenny and Caryn 100-hour Certificate in Restorative and Therapeutic Yoga

We have our first graduates from the 100-hour certificate program in Restorative and Therapeutic Yoga.

Jenny Earle says "Yoga is a life long journey. As soon as you feel



you have a pose down, SURPRISE there is more to learn. It is not just about the anatomy and many layers of a pose. There are many other elements such as the spiritual practice, breathing, yoga nidra, restorative, therapeutic, chanting, medi-

tation, and Ayurveda as well. I love continuing my education and delving deeper into my own practice. Yoga Spirit Academy is able to give that to me in an atmosphere that is encouraging, nurturing, safe, and true to the practice of yoga."

Caryn Smith's first certification was in Kundalini Yoga in Fort Worth.



In YSA's certificate program, "I learned so much about my body through the entire process. Finding out the source of my physical limitations was reassuring.

Then learning how to correct them through Restorative or Therapeutic Yoga postures was even more encouraging. Also, one of my missions as a teacher has been to inspire others to accept their bodies just as they are. If you want to make improvements, it's good to set a goal. But don't get discouraged because your body doesn't look or move like some else's."

We are proud of Jenny and Caryn and congratulate them on their hard work, dedication, and commitment to walking the path of Yoga. Read more of their stories on our school website.

## Congratulations Katy, Sonia and Shelby

We're excited to introduce you to three more graduates from YSA's 200-hour teacher training program. There are three more Certified Yoga Teachers in Tulsa!

Katy Ellington has had a life-long practice of Yoga which all started when she was a little girl and she and her mom would practice together with a Dixie Carter VHS tape.



Today she especially enjoys practicing and teaching Prana-yama because she has experienced first-hand the power of the breath to enhance and strengthen one's life force. Who wouldn't want to share that?! She looks forward to seeing the relaxed facial expressions as her students emerge from Savasana at the end of class because it confirms she has led them down the right path. She is teaching both group and private lessons in Tulsa. Recently she also started studying Brazilian Jiu Jitsu and likes the way it com-

plements Yoga with the level of focus, physicality, and breath work. "I'm so glad and grateful that I took that first step into Yoga school; it definitely changed my course for the better. I'm living the dream!"

Sonia Marshall had been suffering with degenerative disk disease for over 3 years when she decided to give yoga a try.



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## India's Six Powerful Gifts to the World

By Victor M Parachin

For nearly a thousand years, India was under the oppressive rule of invaders. Attempts to "convert" Indians, first to Islam and then to Christianity, were a colossal failure because India had a long established and culturally influential spirituality. Not only did they continue to follow their own Vedic traditions, but the Indians gladly, freely, generously shared their rich tradition with the world. Here are just six of India's amazing gifts.

1. Religious tolerance. Swami Vivekananda, the great soul of the 19th century, famously and personally ex-

pressed the Hindu approach to religious inclusion saying: "I accept all religions that were in the past and worship with them all. I worship God with every one of them in whatever form. I'll go to the mosque of the Muslim. I'll enter the Christian's church and kneel before the crucifix. I'll enter the Buddhist temple, where I take refuge in Buddha and in his law. I'll go into the forest and sit in meditation with the Hindu who's trying to see the Light which enlightens the heart of everyone. Not only shall I do this, but I'll keep my heart open for all that may come."

2. Non-Violence. There would be no Martin Luther King, Jr. without there first having been a Gandhi who used the Vedic concept of *ahimsa* or non-violence as a tool for peaceful political transformation.



3. Meditation. While Buddhists have recently been on

the front lines teaching meditation, it should not be forgotten that the Buddha was first a Hindu and that he learned to meditate from Hindu teachers.

4. Yoga. This popular practice has empowered women and men all over the planet to heal body, mind, and spirit. In addition, yoga has offered people a spiritual pathway without heavy, harsh dogmas and doctrines. Yoga has been highly instrumental in creating a new religious genre in the West, that of being spiritual but not religious.

5. Ayurveda. While this one is just beginning to evolve in the West, it too is growing rapidly as people recognize Ayurveda as the original "alternative" medicine. Subhra Krishan, author of *Ayurveda: What It Is and What It Can Do For You*, succinctly says: "The great thing about Ayurveda is that its treatments always yield side benefits, not side effects."

6. Vegetarianism. Vamsee Juluri, an Indian scholar and professor at the University of Southern California, notes that vegetarianism has been given great importance in Indian philosophy and life "for the simple reason that our ancestors knew we could live without taking an animal life." Mr. Juluri says this view was "an enormous leap in human civilization that the modern West has had a very tough time coming around to accept."

### CHAKRA BALANCING SERIES with Janet

8 Friday evenings  
6:30-8:00pm  
Begins September 11  
\$30 per class or \$200 for the series  
One class for each of the 7 chakras plus a final integration including gemstones, mantra, music, marma points and more. Please register in advance so that we can have enough gemstones for everyone.  
To register  
jparachin@cox.net or  
918-261-9786

## Chakra Balancing by Janet W Parachin

Human beings are incredible energy fields physically, emotionally and mentally. Chakras are special places in the body which manage and distribute this energy. There are seven main chakras that sit along the spinal column which is part of the energetic powerhouse we know as the central nervous system. In the Vedic understanding of the chakras, it is not only possible to "read" a person's energy through the chakras but also balance their energy by working with the chakras. There are many ways to do this:

√ Visualizing energy gathering and moving in a specific place

in the body

√ Using colors which are associated with individual chakras, such as with gemstones

√ Musical tones and special chants created to stimulate these areas

√ Touching places on the body called "marma points" because energy more easily gathers there

√ Aromatherapy and scents which are associated with the chakras

√ Yoga postures, breathing



exercises and meditations too

To learn more and begin your own exploration of the chakras, here are two books I highly recommend: *Chakra Workout* by Mary Horsley (Sterling Publishing Co, 2007) and *Chakra Meditation* by Layne Redmond (Sounds True, 2010).

## 300-hour Ayurvedic Yoga Teacher Training (A.Y.T.)



Yoga and Ayurveda grew up together 5000 years ago as sister sciences in the Indian spiritual tradition. Ayurvedic Yoga is the original “yoga therapy” which draws upon the vast resources of both Yoga and Ayurveda to maintain or recover good

health and happiness at every stage of life. It incorporates familiar postures, breathing and meditation, as well as diet, lifestyle, color, sound, touch, and aromatherapy. Yoga teachers and advanced students of Yoga now have the opportunity to learn these skills in Tulsa under the guidance of Yoga Spirit Academy’s senior teachers, Janet and Victor Parachin. With many hours of training and practice in both Yoga and Ayurveda, Janet and Victor continue their training each year with their teachers Doug Keller,

Judith Lasater, and Dr. David Frawley (Vamadeva). In addition, Janet studies each year with Dr. Vasant Lad of the esteemed Ayurvedic Institute in Albuquerque, New Mexico.

Seven courses are required for the 300-hour certificate, or take individual courses of interest.

Tuition is \$15 per hour and is payable per class.

Prerequisite is 100 hours of yoga teacher training from any school or 300 hours of

yoga teaching experience.

Be part of a community of Yoga teachers and practitioners who share your values.

**Classes begin in 2016. Applications are now being accepted.**

For more information, see the “300-Hour Program” page on our website, or contact the Director for a packet of information.

## Congratulations Katy, Sonia and Shelby *continued*

She knew she wanted to teach after the first class! Yoga is a healing art which affects people physically and emotionally. “I get to be a part of helping another person move towards better health and overall well-being.” This fall she’s teaching 12 classes a week in various styles: Hatha, Yin, Deep Stretch, Chair Yoga for seniors, and Yoga for people suffering from eating disorders. When she’s not teaching yoga she likes to experiment with recipes and walk her dogs. She’s also considering taking

up boxing. “I’m grateful to Yoga Spirit Academy for sharing their time, gifts, knowledge and experience. Their Yoga Teacher Training changed my life.”

Shelby Williams started practicing yoga in massage school in 2007 when one of her instructors led a daily 30 minute practice. She would rush home to teach her roommates what she had learned. Yoga has helped her learn how to relax by focusing her mind and letting go of worry and anxiety,



although she acknowledges this is not an easy thing to do. Her primary students are athletes and she explores natural

movement and breathing techniques with them. The non-competitive aspect of Yoga can be challenging to an athlete so she teaches them how to let go and allow Yoga to restore their hard-working bodies. Shelby also practices Brazilian Jiu Jitsu and massage therapy, in addition to being a busy wife, mother and business owner. “I’m so glad I was able to study yoga in such depth over the past 3 years. I will forever be a student of yoga and anatomy as each evolve almost daily.”

## Texas Yoga Retreat—October 16-18, 2015

It’s not too late to make your reservation for Texas Yoga Retreat, just south of Austin, Texas. This inspiring weekend includes yoga classes for all levels, breathing, meditation, delicious vegetarian meals, and a beautiful setting

on a traditional Hindu ashram. Discounted registration continues through September 22. For a 15% discount on the registration fee, contact Janet at 918-261-9786 or [jparachin@cox.net](mailto:jparachin@cox.net) to receive the discount code.



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