

Yoga Spirit Academy E-zine

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

September 2016

Volume 9, Issue 7

Overcoming Fight or Flight Frenzy By Janet W Parachin

Have you heard of the “fight or flight response”? This natural reaction of the human nervous system gets a bad rap. Humans have this response for a reason; it keeps us vigilant, aware, and safe in the midst of dangerous situations. Clearly the human race could not have continued this long without it. But nature has also included within us a complementary response called “rest and digest.” As the name implies, when this response is activated all the internal systems of the body operate better, including digestion, elimination, immune function, the cardio-respiratory system, pain management and sleep cycles. These two responses make up our autonomic nervous system—the first is called the sympathetic response and the second is called the parasympathetic response. The first one revs us up to meet the challenges of life and the second slows us down so that restoration can occur. With an adequate parasympathetic response a person can remain healthy, balanced, happy and whole even in the midst of a busy life.

In theory this is a great system, but unfortunately we humans have found a way to short circuit the system by pushing ourselves to work harder and longer without adequate time for rest. In physiological terms, we tend to overwhelm our sympathetic nervous system and fail to nurture our parasympathetic nervous system, the only mechanism we have to recover and heal.

Yoga is a science of physical healing which makes creative use of this information about the dueling nervous systems. When we get very active in our yoga practice—Sun Salutations, core work, standing poses, strong pranayama exercises—we call forth the power of the sympathetic nervous system. And when we slow things down in yoga class through alternate nostril breathing and restorative poses (don’t you just LOVE Savasana?) we encourage a parasympathetic response.

Because of our busy lives, the restorative aspect of Yoga is not just beneficial but imperative to keep us healthy and whole no matter the level of stress or busy-ness we have in our lives. To

address this contemporary need, yoga teachers have created a special practice called Restorative Yoga. It includes supported postures, calming breath techniques, and guided meditations to heal body, mind and spirit.

To explore how gaining control over the parasympathetic nervous system leads to healing of body-mind-spirit, join Janet Parachin for the

RESTORATIVE YOGA SERIES

September 9-October 14 for 6 Friday evenings

6:30-8:00pm

\$150 for the series or \$30 for individual classes

Sign up for the series, save \$30 and receive these bonuses: handouts for all class sequences in a binder PLUS a sample of doTerra’s Serenity essential oil to enhance your restorative yoga experience

Restorative Yoga series schedule:

- | | |
|--------------|-------------------------------------|
| September 9 | A general restorative yoga practice |
| September 16 | To soothe the back |
| September 23 | To relieve headaches |
| September 30 | For better sleep |
| October 7 | To boost immunity |
| October 14 | For digestive health |

Yoga Spirit Academy
200-hour and 300-hour yoga teacher training
Tulsa, Oklahoma
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Congratulations Graduates!

We are delighted to introduce you to two August graduates of the 200-hour yoga teacher training program.

Anna Washum started practicing Yoga in 2013 to strengthen her bones, since a recent bone scan had revealed a weakness in her bones. With continued practice she discovered that Yoga make her younger, stronger and more confident. And she's excited to pass along what she has learned to others! She says, "It's a wonderful feeling when you've helped guide someone into a new journey of health either physical or spiritual." She plans to teach practitioners to experience the physical, mental and spiritual benefits of yoga with a focus on the middle to elder age group and individuals with addiction and addiction recovery. When she's not teaching Yoga you can find Anna spending time with her five adult children, two grandchildren and amazing husband, and pursuing her hobbies of tap dancing, going on walks and growing cactus plants.



Shelley Latta writes that she began Yoga classes with Janet Parachin several years ago "and knew immediately this was exactly what I had been looking for. Not speed yoga intended to burn calories, but slow careful moves that were designed to bring focus, strength, flexibility and awareness. Very quickly I realized there were other aspects of Yoga that I had not even known about—the calming effects, as well as the fact that Yoga is practiced in daily life, not just on the mat. I started to see that how I reacted to challenges on the mat was often how I reacted to challenges in life. My entire perspective began to change. The hunger for something more meaningful in my life was awakened through the practice of Yoga. . . . I love sharing all the wonderful ways Yoga can enhance our lives. It's so good for the body. It strength-

ens our muscles, our bones, our organs, our balance, our mental focus, our attitude. I would love to share the benefits of practicing meditation and pranayama. I love chanting, singing bowls, the chakras, energy work. I would love to share the many aspects of Yoga that most people are not aware of." Shelley is the manager of The Farm Shopping Center. She's very busy with the new Farmer's Market on Saturday mornings, plus she's involved in activities that promote the humane treatment of animals. "Life is good."

CALENDAR

September 9-October 14 Restorative Yoga Series on 6 Friday evenings

September 24-25 Yoga and Ayurveda Subtle Therapies training begins

October 2 Kirtan with Matt Hayes

October 8-9 200-hour yoga teacher training weekend

October 21-23 Texas Yoga Retreat in Austin, Texas

For more information please visit our website

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