

**Yoga Spirit Academy**  
**Ayurvedic Yoga Teacher Training**  
**Yoga and Ayurveda Diet and Lifestyle**

Meeting Dates:     January 26-27, 2019  
                          February 23-24  
                          March 30-31  
                          April 20 (make-up and review)  
                          Saturday and Sunday, 1:00-7:00pm

Instructor: Janet W. Parachin, Ph.D., C-IAYT

*Janet is a certified yoga therapist with over 1600 hours of teacher training in anatomy, restorative and therapeutic yoga, and Ayurveda. She is a Yoga and Ayurveda Wellness Consultant certified by the American Institute of Vedic Studies led by Dr. David Frawley. She attends annual trainings with Dr. Vasant Lad at The Ayurvedic Institute in Albuquerque, New Mexico. She is the Director of Yoga Spirit Academy and co-founder of Tulsa Yoga Meditation Center.*

#### Description

Yoga and Ayurveda Diet and Lifestyle is a 45-hour course that covers diet and lifestyle choices according to the doshas and the seasons, the six tastes of food, cooking for the doshas, basic herbalism to balance the doshas, and understanding the effect of the environment, times of the day and seasons of one's life on overall health. Upon completion of this course, graduates will be able to develop daily food choices and practices for themselves and their families as well as be able to make appropriate suggestions to students and clients.

#### Prerequisite

Prospective students should submit an application for the Ayurvedic Yoga Teacher Training Program. The prerequisite for enrollment is one of the following: completion of at least 100 documented hours of yoga teacher training from any yoga school or 300 documented hours of yoga teaching.

#### Attendance requirements

Students who complete all 45 hours will receive a certificate of completion. Students may be absent up to two days or one weekend. Missed classes may be made up by attending the designated make-up day and completing a written assignment, or through a combination of private sessions and written assignments. Private sessions cost \$80 per hour; written assignments cost \$50 per assignment. There is no additional charge for the scheduled make-up/review day.

#### Location

Classes meet at Tulsa Yoga Meditation Center, 5319 S. Sheridan Road, in The Farm Office Building, 51st and Sheridan Road.

### Tuition

Tuition for this course is \$675. A \$50 deposit is due with the Enrollment Agreement. There are two payment options: 1) Remaining \$625 due on January 19. 2) Two payments in addition to the \$50 deposit: \$320 due on January 19, and \$325 due on February 23. (Includes a \$20 late fee)

### Enrollment

To enroll in this course, submit a completed Enrollment Agreement and a \$50 deposit. The Enrollment Agreement is available from the Director or an electronic version is available on the school website. Registrations will be accepted until the course is full.

### Required books

Frawley, David. *Yoga & Ayurveda: Self-Healing and Self-Realization*. Twin Lakes, Wisconsin: Lotus Press, 1999, reprinted 2010. ISBN-13: 978-0914955818  
Lad, Vasant. *Ayurveda: The Science of Self-Healing*. Twin Lakes, Wisconsin: Lotus Press, 1985. ISBN-13: 978-0914955009  
O'Donnell, Kate. *The Everyday Ayurveda Cookbook: A Seasonal Guide to Eating and Living Well*. Boston, Massachusetts: Shambhala Publications, 2015. ISBN-13: 978-1611802290

### Recommended books

Lad, Usha, and Vasant Lad. *Ayurvedic Cooking for Self-Healing*. Albuquerque, New Mexico: The Ayurvedic Press, 1997 (2d ed). ISBN-13: 978-1883725051  
Svoboda, Robert E. *Ayurveda for Women: A Guide to Vitality and Health*. Rochester, Vermont: Healing Arts Press, 2000. ISBN-13: 978-0892819393

### Questions

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*Yoga Spirit Academy is licensed by the Oklahoma Board of Private Vocational Schools and is a Yoga Registered School with The Yoga Register.*