



# Yoga Spirit Academy

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**Yoga Spirit Academy**  
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## Many Fall Workshops to Choose From

### From Paul H. Sutherland

*When we are felled by suffering, we have two choices: We can give up, surrender, and shut down; or we can give up, surrender, and open ourselves up to the suffering and the reality of the suffering of the world.*

We are happy to keep you up to date on all the workshops and new classes being offered in Tulsa. Here is the selection that has come across my desk in recent weeks:

“Anatomy for Yoga” at Yoga Spirit Academy. September 6 and October 4, 8:00 am to 6:00 pm. This two-day 20-hour course offers a hands-on experience of how muscles, bones, and connective tissues work together in yoga poses. Cost: \$225 for YSA students and \$250 for all others. See contact information above.

Beginner Yoga Workshop at Inner Peace Yoga, September 6, 12:00 to 2:30 pm and 3:00 to 5:30 pm. and September 7, 11:00 am to 1:00 pm. What is yoga? The health benefits of yoga, breathing, postures,

meditation, philosophy, and chakras. Cost: \$30 per session or \$72 for all three. 918-809-4444 or [www.InnerPeaceYogaTulsa.com](http://www.InnerPeaceYogaTulsa.com)

“Exploring Posture” with Stephen Saunders and Elizabeth Barlow, September 7, 1:00 to 4:00 pm. Applying universal principals of alignment and observations arising from our own postural body reading leads us back into balance. Cost: \$50. 918-835-5927 or [www.tulsayogatherapy.com](http://www.tulsayogatherapy.com)

Robert Boustany at Inner Peace Yoga, September 12, 13 and 14. With a clear focus on body mechanics, awareness, energy and sequencing, this intense but safe process develops extreme flexibility from balanced strength for both

mind and body. Cost: \$215 for entire workshop, \$35 for lecture only, \$55 for individual sessions. 918-809-4444 or [www.InnerPeaceYogaTulsa.com](http://www.InnerPeaceYogaTulsa.com)

Yoga Classes for Children ages 7 and up taught by Elizabeth Barlow at Studio Bilancia. Monday at 3:30 and 4:30. Monthly tuition is \$45 for the first child and \$35 for the second.

Adult Classes taught by Elizabeth Barlow at Studio Bilancia. “Strengthening Breath and Body” Monday at noon. Therapeutic Yoga Tuesday at noon. \$14 drop-in rate or \$55 for 5 classes. Studio Bilancia is located at 41st and Harvard. 580-298-7507 or [www.tulsayogatherapy.com](http://www.tulsayogatherapy.com)

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## An Out-of-Town Yoga Workshop

Consider the Freedom Style Yoga weekend with Carie Garrett on October 11-12 at the Yoga Institute of Deep East Texas (Athens, Texas). Carie studied with Erich Schiffmann and teaches his freedom style yoga. His

book *The Spirit and Practice of Moving into Stillness* is a modern classic. Yogis learn to “follow the feeling of rightness” for their own bodies. For more information: [www.cariegarrett.com/workshop\\_YIDT.html](http://www.cariegarrett.com/workshop_YIDT.html)

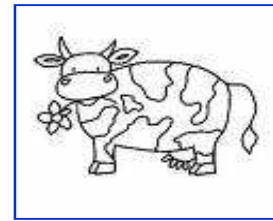
## Meat-Eating's Negative Impact on Our Planet

### By Victor M. Parachin

In India there is increasing concern that the Himalayan glaciers - sources for Ganges river and others - are receding due to global warming. Some ecologists predict that the Ganges may cease to flow some time during the next 40 years. As a result, Swami Dayananda Saraswati, a distinguished Hindu religious scholar and teacher, is calling for people to embrace vegetarianism saying that meat-eating is a major contributor to global warming. In a recent interview with *Hinduism Today*, he cites a 2006 report from the United

Nations which states that "raising animals for food generates more greenhouse gases than all the cars and trucks in the world combined." The tens of billions of animals farmed for food release gases such as methane, nitrous oxide and carbon dioxide through their massive amounts of manure. Swami Saraswati appeals for people to "save Mother Earth" simply by not consuming meat noting that a single person who follows a vegetarian diet prevents 1.5 tons of carbon dioxide emissions in one year. "I cannot

appeal to the tigers and wolves. They are programmed to be what they are. Being endowed with free will, only a human being can make a difference by exercising his or her choice responsibly," he says.



## Protecting the Knees, Part 3

Practitioners with knee pain may have to drop out of the yoga until the pain subsides. How might we prevent the pain from occurring at all?

When kneeling, it's a good idea to place a blanket, small towel, or rolled-up mat under the knees. The patella, or kneecap, is simply cartilage. When it presses into a hard floor, and when substantial body weight is placed on it, it's like hitting two hard things together. Over time this can wear away at the cartilage and cause ongoing pain. A deep bend in the knees, as in Virasana (Hero's Pose) can also be painful. Place a blanket between the thighs and calves to lessen the bend in the knees.

When sitting, take care to protect the knees, especially in

cross-legged poses. The knee joint bends and twists in relationship to the hip joint. This is why so many people have knee discomfort when sitting cross-legged. Remember: The greater the turn out (external rotation) of the hip, the greater the stress on the knee. Sukhasana, easy cross-legged pose, is usually comfortable on the knees for most people. If not, encourage your students to straighten their legs, or place a support—a blanket, block or small pillow—under each knee or thigh to allow the muscles that support the knee to relax.

Other sitting postures that require a greater turn out of the hips will put increasing pressure on the knee joint. Examples include Padmasana

(Lotus Pose), Baddha Konasana (Bound Angle or Cobbler's Pose), Bharadvajasana (Sage's Twist), and similar postures. Never, ever force your hip to externally rotate. Never, ever rotate your hip until it hurts or your knee hurts. Practice modified versions of these postures and use props to support the knees and thighs. For many students, the full versions of these postures will never be attainable, so provide viable alternatives.

### Online Resources for Yoga Teaching

Check out the new "Resources" section of our website for class outlines, scripts and workshops by our students and instructors.