

Yoga Spirit Academy

VOLUME 2, ISSUE 1

JANUARY/FEBRUARY 2009

WORTH THINKING ABOUT

The body is a sacred garment. It's your first and last garment; it is what you enter life in and what you depart life with, and it should be treated with honor.

-Martha Graham, dancer

INSIDE THIS ISSUE ON PAGE TWO

Meet Swami Sivananda and Meditation Week by Week

Congratulations Graduates

We are excited to introduce the first three graduates of Yoga Spirit Academy. Jennifer Earle, Sunny Dawn Ray, and Jeanne Kay Doss completed all the requirements for the 200-hour



L-R: Jennifer Earle, Jeanne Kay Doss and Sunny Ray

yoga teacher training program in December. We are proud of your accomplishment and know that you will share your knowledge, enthusiasm and joy with the Yoga community.

Congratulations!

One Class Ends. . .

December also marked the end of monthly trainings for the class that started in January 2008. We will miss being together each month. How can we forget the snack foods and lunch treks to Big Al's? For those who have not yet graduated, the next

months will be occupied with mentoring and completing directed studies. (And teaching yoga too!)

Back row: Cerrise Sarver, Diane Newhouse, Barbara Webb, Cheryl Paine, Jeanne Kay Doss



Front row: Sunny Ray, Jenny Earle, Tabitha Council, Colleen Kirkpatrick, Marina Fry

And Another Begins!

Welcome to the new students of Yoga Spirit Academy who started their year of yoga teacher training January 23 and 24. We are looking forward to getting to know you better and to sharing this wonderful journey with you.

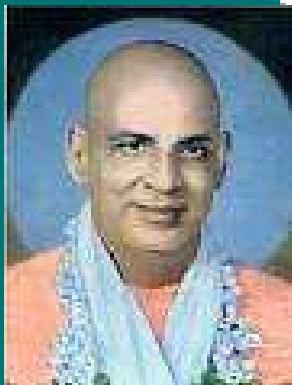
JoLynn Bush
Sheila Chalakee
Barbara Cox
Sherry Duvall
Cinda Few
Michele Goff
Jennifer Govenlock

Amybeth Hunt
Cathy Kemendo
Molly Kurtz
Alexis Persico
Jill St. Romain
Becca Sarver
Amy Stevens
Jennifer Wilson

Yoga Spirit Academy 11134 E 75th Place S Tulsa, Oklahoma 74133
918-261-9786 <http://yogaspirittulsa.com> Janet Parachin, editor

Meet Swami Sivananda

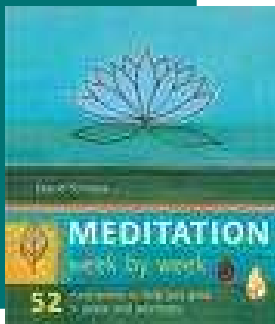
By Victor M. Parachin



Swami Sivananda
(1887-1963)

A mountain is composed of tiny grains of earth. The ocean is made up of tiny drops of water. Even so, life is but an endless series of little details, actions, speeches, and thoughts. And the consequences whether good or bad of even the least of them are far-reaching.

David
Fontana,
**Meditation
Week by
Week, Ele-
ment, 2004.**
\$9.95



The man who became Swami Sivananda began his professional life as a medical doctor. Upon graduation from medical school, Dr. Kuppuswami (as he was then known) went to Malayasia where there was a critical need for physicians. There, his humanitarian nature revealed itself. Very often he waived consultation fees for patients too poor to afford his services and on many occasions provided medicine for free to his neediest patients.

One of his patients was a wandering Sannyasin (renunciate or monk) who, in exchange for Dr. Kuppuswami's medical services, offered him spiritual instruction. That encounter proved to be transfor-

mative as the doctor left medical practice to become a wandering ascetic in North India.

Swami Sivananda Saraswati, as he would be known henceforth, started an extremely intense daily Sadhana (spiritual practices) and Tapas (austerities) for the next 10 years.

Gradually, other people were drawn to him to seek his instruction and inspiration. Though he did very little travel and never outside of India, Swami Sivananda's teachings spread around the planet.

He personally wrote (by hand, no computers at the time) more than 200 books on topics con-

nected to Yoga and Spiritual Philosophy.

He is the founder of Sivananda Yoga which focuses on preserving the health and wellness of the practitioner. Sivananda Yoga teachers are all graduates of the Sivananda Yoga Teacher Training Course. Unlike Ashtanga yoga, Sivananda yoga places a heavy emphasis upon breathing and relaxation.

The Sivananda yoga system revolves around five principles:

Proper breathing: *pranayama*

Exercise: *asana*

Relaxation: *savasana*

Diet: vegetarian

Meditation: *dhyana*

Meditation Week by Week by David Fontana

"I don't know how to meditate" is a common refrain from folks who want to explore the many benefits of meditation, but feel lost when they sit on their meditation cushion. David Fontana has written many books offering interesting, accessible resources. One of my

favorites is *Meditation Week by Week: 52 Meditations to Help You Grow in Peace and Awareness*. Just as the title suggests, he offers meditations organized into important topics like self-awareness, concentration and mindfulness, tranquility, and insight. The meditations don't take very long to practice, and with 52, there are

lots to choose from. Fontana is a Westerner with a strong background in Buddhism, so you'll encounter chakras, koans, and mandalas along the way. Sometimes there is too much similarity in the meditations, but that's not always a bad thing. After all, the hallmark of practice is repetition. There's something for everyone in this book!