

# Yoga Spirit Academy



VOLUME 4, ISSUE 4

JULY / AUGUST 2011

## NEW CLASS BEGINS July 23 and 24

The next yoga teacher training class begins Saturday and Sunday, July 23 and 24 in Tulsa. We have a few openings available for this new start of the 200-hour training program. The course covers postures, breathing, meditation, yoga history, philosophy, lifestyle and ethics.

Attend all 12 monthly trainings and complete a few independent study projects to become a Certified Yoga Teacher in one year. For an application, visit our website or contact the Director. *How will Yoga change your life?*



When a log of wood is set on fire, and when it is transformed into fire and united with it, the longer it burns and the hotter the fire, the more it glows until sparks and flames are emitted from it. So too the soul when transformed, and glowing interiorly in the fire of love, is not only united with the divine fire, but becomes a living flame, and itself conscious of it. The soul speaks of this with an intimate delicious sweetness of love, burning in its own flame.

-John of the Cross,  
*The Living Flame of Love*

## UPCOMING WORKSHOPS

### Yoga Workshop for Osteoporosis

Sunday, July 10 from 2:30 to 4:30pm. Did you know that one in two women and one in four men will have an osteoporosis-related fracture in their lifetime? It's great news to know that yoga not only prevents osteoporosis but also reverses low bone density. In the first hour, find out how yoga helps osteoporosis, what poses to do, what poses to avoid. In the second hour, enjoy an all-levels class that strengthens the spine, hips, and thigh bones. \$25 in advance. Space is limited, so call or e-mail to reserve a space. Janet Parachin, [jparachin@cox.net](mailto:jparachin@cox.net) 918-261-9786

### Reiki I Class

Saturday, July 23 from 9:30am to 3:30pm. Reiki is a safe, gentle, non-invasive form of hands-on healing from Japan that is easily learned and effective in the treatment of self and others. Anyone can learn to use Reiki for the replenishment of the body's energy and facilitate healing on all levels – physical, mental, emotional, and spiritual. During this class you will receive the First Degree Reiki attunement, which aligns you to the Reiki energy and opens up your natural healing ability. \$75 with a \$10 discount by July 10. Jaylene Johnston, [jaylene@jaylenejohnston.com](mailto:jaylene@jaylenejohnston.com) 918-510-4009.

## CONGRATULATIONS GRADUATES

In May three students graduated from the yoga teacher training program and are now Certified Yoga Teachers! Marti Lord received a perfect attendance award, and completed directed studies on Guided Relaxation, Exploring Posture, Yoga Anatomy, and My Yoga Business. She mentored with Janet Parachin. She writes



Marti Lord

"I've had one successful workshop already since my May certification and conducted a private lesson as well. I'm still teaching at the YWCA about 10 hours per week to various levels. I miss everyone at the Yoga Spirit Academy, but am happy thinking of all of you and

your spiritual journey that Janet and Victor will lovingly take you through." Favorite quote: "Nothing happens until something moves." Albert Einstein

Keri Edwardes enrolled in Yoga Spirit Academy in *continued on page 3*

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Janet W. Parachin, Director

## DISCOURAGEMENT IS JUST A FORM OF LAZINESS

By Victor M. Parachin

The Buddha taught that discouragement is just a form of laziness. A time of discouragement can become an excuse not to face reality and not take the steps necessary to deal with it. Here's one illustration.

An American student of Zen had studied and practiced for several years. He was progressing well when his young son developed a severe headache. They assumed it was merely a sinus infection but when the headache did not ease up, additional tests were called for. A brain scan revealed a tumor in a location which made complete surgical removal impossible. The man's son was given a microscopic chance of surviving five years. The man was despondent and tearfully shared

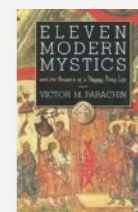
the news with his Zen teacher who was normally a quiet, reserved, compassionate individual.

However, upon listening to the father, a different side of the Zen master's personality emerged, one not many had seen previously. "How dare you collapse in self-pity," the Zen master shouted at the father. "This is no time to begin grieving. Your son's very life depends upon you to think creatively and do everything you can to help him. Rouse every ounce of energy you have and step up to this great challenge." The father left that encounter with a new energy and vision. He researched out possible treatments, studied energy therapies and combined several approaches. Today his son is now a grown man.



When large challenges come our way, some people rail against the injustice while other people rise up and deal with it. The American Zen student was always grateful for his teacher's fierce words to him. The master reminded him to change his attitude and step up to the plate. Often discouragement is just laziness in disguise! When you feel discouraged dig deeper, work harder and demand more from yourself.

*Eleven Modern Mystics* by Victor M. Parachin was published in June 2011. Yogis will find it useful for their own spiritual growth and evolution. The eleven mystics include individuals from various religious traditions: Thich Nhat Hanh (Buddhist); Etty Hillesum (Jewish); Eknath Easwaran (Hindu); Ben Salmon (Catholic). Each mystic shows us what it means to live a spiritual life. The book is available from Amazon and Barnes and Noble. \$15 in paperback and \$9.99 as an E book for Kindle and Nook.



Check out Victor's blog: <http://dharmaroundup.blogspot.com/>

## A PAIN IN THE NECK!

By Janet W. Parachin

The neck and upper back are common sources of discomfort for those of us who sit in chairs, work at computers or drive. And with a little exploration of anatomy we can see why. The muscles of the neck and upper back are designed to support the position of the head resting on the shoulders. The human head can weigh 12 lbs or more. Combine the weight of the head with the forward drop of the head when sitting, it makes sense

that these muscles can be strained. The muscles we're focusing on here are the levator scapulae and the upper trapezius. The levators attach to the neck vertebrae and the tops of the shoulder blades. They literally "lift the shoulder blades" and are important for turning the head. The upper trapezius attach to the base of the skull, along the cervical vertebrae, and wrap around to the top of the col-



larbone. They are responsible for flexing and rotating the neck.

A few months ago we noted

how the upper traps can be the culprit in upper back pain as well. This leads us to some helpful stretches we can do throughout the day and add to our yoga practice. First, we can slowly and mindfully turn the head from side to side. If doing this in a seated position, sit up tall and keep the chin level with the floor *continued on page 3*

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## SAVE THESE DATES—September 9-11

Charles MacInerney from Austin will be in Tulsa presenting workshops for yoga teachers and students. His topics will include

- The Art of Stretching: There is more than one way to stretch a muscle. In fact, there are 8 ways.
- Attitude in Asana: How our attitude can enhance or detract from our yoga experience.
- Yoga for the Mind: Learning how to eliminate boredom and fear from our lives.
- Making Money as a Yoga Teacher: A special class for those who teach yoga.



Charles is an extraordinary yoga teacher who has been featured in *Yoga Journal*. He is a director of Texas Yoga Retreat and the Living Yoga Teacher Training program in Austin. Check out his website [yogateacher.com](http://yogateacher.com). Please put his Tulsa weekend on your calendars. For more information, contact Victor Parachin, 918-284-1422 [vmnamaste@gmail.com](mailto:vmnamaste@gmail.com)

## CONGRATULATIONS, continued

August 2008. She completed directed studies entitled Ujjayi Breathing for More Fulfilling Asanas, Yoga for My Dad, Yoga from the Waist Down, and A Personal Study of the Yamas and Niyamas. She mentored with Christine Hoagland. Keri teaches at the YMCA and Gold's Gym.

Mona Hatter received a perfect attendance award, and completed directed studies on Meditation, Chakra Yoga, My Yoga Business, and Yoga Anatomy. She mentored with Nicole Tobias. She writes: "I started liking yoga as a supplement to my dancing mainly as a workout, but then I started to realize there was more going on than what I was doing on

the surface. Like ballet and other forms of dance one of my favorite things about yoga is endless possibilities and 'conquests' it presents. I guess I mean that it is something that can't be mastered in a day a week or even several years. It's a lifelong progression of bettering yourself and hopefully the world around you. With my certification I have been teaching a class at one of my ballet teacher's



Mona Hatter

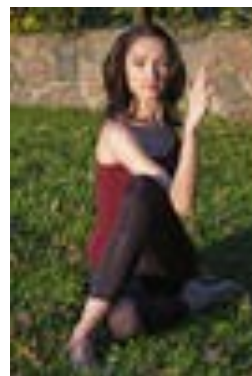
studios and have also been teaching at a dance summer camp for kids. A new and fun experience!"

## PAIN IN THE NECK, continued

when turning the head. Turn only as far as you can without straining or causing pain. This is also a great exercise to do lying on the back. Place a small roll under the neck so that the forehead and chin are level, then turn the head from side to side. Try not to drop the head, but truly rotate it so that the ear turns toward the floor. Hold on each side for

awhile.

Second, explore the rotation further by incorporating an upper back twist. This is best done seated or standing. Again, begin with a long spine. Twist the upper back, shoulders and head in one direction. Remember to keep the chin level with the floor. Hold



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for awhile, then twist to the opposite side. Here's a "twist" on this exercise: Rotate the upper back, shoulders and head in one direction, then gently turn just the head in the opposite direction. Don't forget to hold it for several breaths and practice to the other side. Aaah! Enjoy relief for that pain in the neck!

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