



Yoga Spirit Academy

VOLUME 1, ISSUE 3

JULY 2008

Yoga Spirit Academy
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Congratulations!

From Meister Eckhart, 13th century mystic

If the only prayer you said in your whole life was 'thank you,' that would suffice.

Congratulations to the inaugural class of Yoga Spirit Academy who completed their 12 monthly trainings in June. They started together as a group of six in July 2008. One member took a leave of absence and returned to the program in

January. From left to right are Lori Sparkman, Cindy Henson, Jeri Watts, Mary Hendricks, and Lynette Savage. We are proud of you and your many contributions to the Yoga community in Tulsa and beyond!



New Class Begins July 11 and 12

Our third class of yoga teacher training students begins their monthly trainings on July 11 and 12. The people who make up this group are diverse in their experiences and life circumstances, but all have chosen to come together for their common love of Yoga. In this class, there are those who hope to bring Yoga to battered women, the poor, and other under-served populations. Some want to teach, while others are studying in order to deepen their own practice

and understanding of Yoga. A few have practiced Yoga for ten years or more, while others are relatively new to the practice. They are embarking on a wonderful adventure of learning, teaching and exploring how Yoga will change their lives. Each month they will explore Yoga postures, meditation, breathing, philosophy, ethics and Yoga lifestyle. We welcome the July 2008 class of Yoga Spirit Academy teacher trainees:

- Gail Algeo
- Shannon Deadmon
- Jennifer Doublin
- Keri Edwardes
- Tiffany Hohmann
- Kelli James
- Martha Lord
- David Reier
- Dixie Weir
- Sabrina Wellendorf
- Lynn Wright



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The Yoga Room

The Yoga Room in Brookside has posted its summer schedule on its website. The new schedule takes effect July 17. With outstanding instruc-

tors and a wide variety of Yoga styles, The Yoga Room is a great place to explore.

The Yoga Room
3403 S. Peoria, Tulsa

<http://theyogaroom-tulsa.blogspot.com/>
918-808-YOGA

Meet Lori Sparkman

“Never in my wildest dreams would I have thought I would be in a yoga teacher training program now,” Lori Sparkman says. (You can see her smiling face in the group photo on page 1.)

After many years of living in the fast lane in Dallas, Lori returned to Tulsa in 2004 to slow down, reconnect with family (she grew up in Miami), and find more balance in life. She got into yoga because, as a runner, she was looking for a way to stretch. While the stretching was an important aspect of yoga for her, she discovered that the mental focus, stress reduction, and

stillness she learned in yoga were actually much more meaningful. “I got into yoga for the physical aspect, but clung to it for the deeper aspect of being still.”

She started taking yoga classes at Thornton YMCA and found that Janet’s style of moving slowly and explaining the postures gave her insight into how the poses were supposed to feel in her body. She would like to share what she has learned with others through private lessons and soft yoga classes for seniors. She also wants to offer yoga to children so that they can feel the joy of just being kids.

When she’s not practicing yoga, Lori runs her furniture store Home located on Peoria in Brookside. “I move lots of sofas,” she laughs. She loves spending time with her husband Steve and their extended families. She says that anyone who knew her 10 years ago would be surprised to see how much balance she has found in life—work, family, running, and yoga.

Now Lori is just 15 hours away from completing her 200-hour yoga teacher certification. Not bad for someone who got into yoga just for the stretching!

Anatomy and Physiology courses

“Anatomy for Yoga” is a two-day, 20-hour class for yoga teachers that covers the basics of anatomy (structure) and physiology (movement). There is a special focus on moving safely in and out of poses and on how to prevent and rehabilitate common injuries. This course meets the 20 hour anatomy and physiology requirement for completing the 200-hour yoga teacher training program. Anyone who is interested in knowing more about yoga anatomy is welcome to attend without enrolling in the yoga teacher training program.

“Yoga Anatomy and Physiology Correspondence Course” is a 20-hour independent study course that is open to anyone interested in knowing more about yoga anatomy without enrolling in the full teacher training program. It also meets the anatomy and physiology requirement of the program. When you enroll you receive 10 two-hour modules by mail or e-mail that you complete and return at your own pace, taking up to one year. An application is available on-line or from the Director. Cost: \$200

**“ANATOMY FOR
YOGA”
SEPTEMBER 6 AND
OCTOBER 4
\$225 FOR YSA
STUDENTS
\$250 FOR ALL
OTHERS**

Protecting the Knees in Standing Poses, Part 2

This month’s asana column continues the discussion of protecting the knees when practicing standing poses.

When standing, take care to lift the kneecaps and engage the quadriceps. The quads are knee extensors. When they are engaged, they effectively protect the kneecap and keep it in place. (There are some people whose patellas slip out of joint, but this is rare.) Practice lifting the knee-

cap/engaging the quads while sitting in Dandasana (Staff Pose), then try to recreate this sensation while standing.

In good standing alignment, the kneecaps should be aimed toward the center of the foot. If the kneecap of the front leg is turned toward the center of the body in Trikonasana (Triangle Pose), for instance, the leg—from hip to knee to toes—is not in proper alignment. Consistently practicing yoga with the knee out of align-

ment will result in knee pain. Practice proper knee alignment in Utkatasana (Fierce Pose) by placing a yoga block between the knees. Knee alignment can more easily be found in Trikonasana and Virabhadrasana 1 and 2 (Warrior Poses) by practicing with a shorter stance and building the pose from the feet up.

Good alignment strengthens both the knee joints and the muscles that support the knee.