



Yoga Spirit Academy

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Yoga Spirit Academy
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New Class Begins July 11 and 12

We are now accepting applications for the July 2008 class of Yoga Spirit Academy. This course of study is for anyone who wants to become a certified yoga teacher or who

wants to spend a year immersing themselves in the study of Yoga. Classes meet one week-end a month for a year in a retreat-like setting at 15th and Harvard, midtown Tulsa.

Contact the Director, Janet Parachin, for a packet of information, or check out the website.

How will yoga change your life?

From Mowlana Jalaluddin Rumi

*Out beyond ideas of
right-doing and wrong-
doing is a field. I will
meet you there. When the
soul lies down in that
grass, the world is too full
to talk about. Ideas,
language, even the phrase
"each other" doesn't
make any sense.*



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Meet Mary Hendricks

Mary began YSA yoga teacher training in July 2007 as part of the inaugural class. She got into yoga in the 1970s while watching Liliias Folan on TV. After the show went off the air, she stepped away from her yoga mat until 1999 when she started taking early morning classes at Thornton YMCA. She got into teaching yoga soon after she joined YSA. One morning the teacher didn't show up for class and Mary graciously stepped in to lead the class. She now has her own regular class at Thornton and subs for

other teachers too. She loves communicating what she has learned to her students so that they can learn how to find the poses for themselves. She focuses on proper alignment and experiencing the benefits of yoga. When she's not teaching yoga she runs her own commercial embroidery and design business, ASAP Logo. She is married and has two sons. She is also one of five sisters and a brother. Since her 89-year-old father and most of her siblings live in Oklahoma, she enjoys hosting family get-togethers. Mary

says about YSA, "Janet and Victor have such a nice teaching style. They've made the learning of yoga—philosophy, poses, meditation, etc—into



such an adventure for me. I was stuck in my own little world. It feels like the world has really grown for me."

Inner Peace Yoga

Inner Peace Yoga has a new summer schedule posted on their website. You can also sign up for "Chakra Cleanse

and Balance" with Meghan on Sunday, June 22, 11:00 am to 1:00 pm.

InnerPeaceYogaTulsa.com

7718 E. 91st Street

91st just west of Memorial

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Yoga Month 09.2008

Yoga Month is a grassroots, community-based awareness campaign to educate about the health benefits of yoga and to inspire a healthy lifestyle. The Yoga Month campaign is produced and administered by the Yoga Health Foundation, a 501 (c) 3 non-profit organization registered in the State of California that provides health education for at-risk children. The cost of poor health is tremendous: More than 70 million Americans suf-

fer from one or more types of cardiovascular disease with an annual cost of nearly \$400 billion. Arthritis is the nation's leading cause of disability costing the economy \$86 billion a year. According to the American Heart Association, high blood pressure and its complications are expected to cost the U.S. \$66.4 billion in 2007. Back pain costs Americans around \$15 billion per year in medical care and disability payments. Repeti-

tive strain injuries, including carpal tunnel, are the nation's most costly occupational health problems, with a price tag of more than \$20 billion a year in workers compensation. As we know well, yoga practice offers relief for all of these health problems. We are invited to participate in Yoga Month in Tulsa.

If you have ideas or would like to be part of the planning committee, contact Janet.

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 Lunging Poses

With knee pain and injury so common among baby boomers, protecting the knees becomes an important aspect of our yoga teaching, especially when teaching lunging poses like Anjaneyasana (Lunge or Crescent), Virabhadrasana (Warrior), and Parsvakonasana (Side Angle).

First, remember that the knee is most protected when it is extended, or straight. As soon as you bend the knee, the potential for injury or strain increases. People with knee injury or pain should start with a small bend in the knee and increase the bend as they grow stronger.

Second, when bending the knee, keep the knee joint in alignment with the ankle joint. Watch for knees that shoot out over the toes, fall in toward the midline of the body, or (less often) fall out away from the midline of the body. Safely bend knees over the ankle or behind the ankle. You can cue students to keep knees in alignment by asking them to contract the gluteal muscles of the front leg or to lift the arch of the foot.

Third, watch the wideness of the stance of the legs. When legs are too close together, the knee will tend to move over the toes, putting too much

strain on the front knee. If legs are too far apart, the knee will tend to fall into the midline and the back knee will start to bend.

Fourth, don't forget to extend the back knee. The back knee is also vulnerable to injury if it bends in a lunging pose. Find the right distance between the legs so that the back knee stays extended (straight) and the front knee flexes (bends) in alignment with the ankle.