

Yoga Spirit Academy

VOLUME 2, ISSUE 2

MARCH / APRIL 2009

WORTH THINKING ABOUT

You must make the connection between prayer and life. The closer you are to the heart of God, the closer you come to the heart of the world, the closer you come to others.

-Henri Nouwen, Catholic writer and activist Henri J. M. Catholic priest and author

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Anatomy for Yoga

Anatomy for Yoga is a 20 hour classroom course that explores what muscles are being stretched and worked in specific postures, how to move through them safely, and how to prevent common yoga injuries. Anyone is welcome to attend this class, not just students of Yoga Spirit Academy. For people already enrolled in the program or hoping to enroll next year, this course meets the anatomy and physiology requirement of the program.

Dates: April 4 and 5 8:00 am to 6:00 pm

Instructor: Janet W. Parachin, Ph.D., is a Certified Yoga Teacher, Pilates instructor, and Director of Yoga Spirit Academy. She emphasizes alignment and safety in her classes, and teaches so that all may experience the joy and freedom of yoga.

Cost: \$250. A \$50 deposit due by Friday, March 27 with the remainder due on April 4

Location: R.C. Dickenson Family YMCA 8501 S. Garnett Rd, Broken Arrow (corner of 85th and Garnett) 918-872-9622

Required books: *Anatomy of Hatha Yoga by H. David Coulter (Body and Breath, 2001)*, and *Yoga Anatomy by Leslie Kaminoff (Human Kinetics, 2007)*

Refund policy: All monies paid will be refunded if requested within three days of enrolling and making a payment.

"Anatomy for Yoga" registration form

A \$50 deposit is due by Friday, March 27, 2009 *** Today's Date _____

Form of payment: Check enclosed in the amount of _____

PayPal.com (Send to jparachin@cox.net)

Name _____

Address _____

E-mail _____

Phone _____

Return this form by postal mail or e-mail

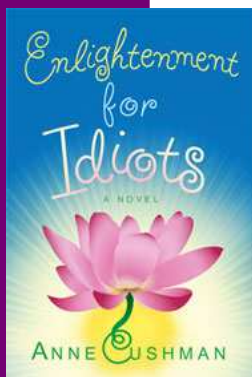
Yoga Spirit Academy 11134 E 75th Place S Tulsa, Oklahoma 74133
918-261-9786 <http://yogaspirittulsa.com> Janet Parachin, editor



Shantideva
(687-763)

We welcome your articles for the Yoga Spirit Academy newsletter. Send short articles of 150 words or less to the editor.

Shaye Areheart
Books, April
2008, \$24.00
(hardcover)



Getting to Know Shantideva

By Victor M. Parachin

One of the most highly regarded and influential teachers among Tibetan Buddhists is Shantideva, who lived in the 7th and 8th centuries. Very little is known about his life, but this much is certain:

~He was an Indian Buddhist monk.

~He studied and taught at Nalanda University, the premier Buddhist school of his era.

~He was called "Lazybones" by other monks at Nalanda and regarded as intellectually "slow."

~He is the renown author of *Guide to the Bo-*

dhisattva Way of Life (A Bodhisattva is any individual who, motivated by compassion, is committed to achieving his or her enlightenment in order to be of benefit to others.)

According to legend, the other students would often request that he offer the teaching, believing that this would embarrass Shantideva by exposing his lack of learning. They hoped to shame him into quitting the monastic university. Instead, his teaching was both profound and accessible. Today *Guide to the Bodhisattva Way of Life* is a major text

studied by all Tibetan Buddhists.

Here is some wisdom from Shantideva, often referred to as a Tibetan Buddhist Saint:

*Whatever joy there is in this world
All comes from desiring others to be happy,
And whatever suffering there is in this world,
All comes from desiring myself to be happy.*

*But what need is there to say much more?
The childish work for their own benefit,
The Buddhas work for the benefit of others.
Just look at the difference between them!*



Enlightenment for Idiots by Anne Cushman

Can you find enlightenment by traveling throughout India meditating, eating, and practicing yoga? Amanda, the main character of this story, aims to find out in Anne Cushman's funny, touching, inspiring novel. The fictional

Amanda is a writer known for her travelogues, such as *Kayaking for Dummies*. When her editor asks her to go

to India to research a new book called *Enlightenment for Idiots*, Amanda takes on the project hoping that it will give her some perspective on her own troubled life. During the course of her travels she eats, meditates, practices yoga, makes friends, and finds love. And what she discovers about enlightenment is, well, enlightening. Amanda is also a student in a yoga teacher training program, so she offers amazing insights into the postures.

Cushman creates characters who seem like people we all know. Many of their encounters are laugh-out-loud funny. We get a sobering glimpse into the delusions that people live with each day, and the frightening lengths to which they will go to ease their own psychic pain. Already compared to the recent bestseller called *Eat, Pray, Love*, Cushman's novel invites you into a journey that is both compelling and fulfilling. Highly recommended!