

Yoga Spirit Academy

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Welcome New Students

We are excited to welcome new students into the 200-hour yoga teacher training program. These students started in January: Sara Byrne, Shonna Herrman, Shanti Krigel, Shane Parker, Jenny Rose, and

Lynn Yeager. Beverlee Dugger and Brittany Thomasson began in March. In April we welcome Stephanie Cowan, Angela Linger, and Martha Lord.

These amazing folks bring many different backgrounds and a variety of experiences

into the training. Our conversations are enriched by their insights, knowledge and laughter!

We now have open enrollment which makes it possible for students to begin any month they are ready.

How will Yoga change your life?

Yoga Fundraiser for the YMCA

Thank you to everyone who helped with the Afternoon of Yoga for the YMCA Strong Kids campaign on March 21st. Eight inches of snow and cold temperatures did not dampen our spirits or fade the smiles from

our faces. Teachers Jenny Earle, Kelli James, Sunny Ray, Janet Parachin, Victor Parachin, and Sabrina Wellendorf shared their diverse teaching styles. Helpers Susan Ducato, Cathy Kermendo, Sunny Ray, and Sabrina Wellendorf greeted participants and organized the table with style. A special thank you to

Jayden and Juliana Earle for their laughter and energy!

The Strong Kids campaign raises money for scholarships to make it possible for families to participate in YMCA programs. All the money raised stays in the Tulsa area. The campaign runs through April. Your donations are greatly appreciated!



Yoga Spirit Academy Tulsa, Oklahoma Janet W Parachin, Director 918-261-9786

*Worth
Thinking
About*

Objects placed near something brilliantly colored themselves become tinted through reflected light.



Likewise one who fixes their gaze on the Spirit is transfigured to greater brightness, their heart illumined by the light of the Spirit's truth.

-Basil the Great,
4th c. Christian bishop

Save the Date!
Anatomy for Yoga
July 10 and 11

Yoga Reduces Heart Attack Risk

By Victor M. Parachin

We all know that doing yoga strengthens and stretches the body but here's some new and fascinating news: a body made more flexible by yoga can also result in arteries which are more flexible. That, in turn, can dramatically reduce the risk of heart attack.

In a study published in the journal *Heart and Circulatory Physiology*, scientists from the University of North Texas recruited 526 healthy adults between the ages of 20 and 83. They had them perform a "basic sit-and-reach" test. The instructions were to sit on the floor with legs stretched out in front,

toes pointing up. Reach forward from the hips and touch the toes. (We yogis know this as Paschimottasana.) The subjects were divided into a high-flexibility group or a low flexibility group.

Next, blood-pressure cuffs were placed on each person's ankles and arms permitting researchers to estimate how flexible their arteries were. What they discovered was a clear correlation between inflexible bodies and inflexible arteries. Adults with low flexibility also had high readings of arterial stiffness. Flexible, supple arteries permit the blood to move more freely through the body. Stiff ar-

teries force the heart to work much harder to force blood through unyielding vessels. Kenta Yamamoto, one of the researchers at North Texas and lead author of the study, says that those stiff arteries can contribute to a greater risk of heart attack and stroke. Mr. Yamamoto also explains arterial walls are composed of the same kinds of elastic tissues as muscles elsewhere in the body.

Thus, in yoga when we are stretching muscles we are also stretching and making more flexible our arteries which carry life giving blood to the body.

Yoga as Medicine by Timothy McCall, M.D.

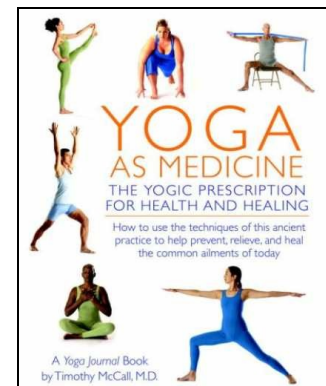
Those of us who practice yoga know that its benefits are so much greater than simply stretching and relaxation. Only recently has the medical community begun to research these benefits in-depth. Dr. Timothy McCall takes this opportunity to demonstrate the many ways yoga provides healing for the chronic problems that people face these days.

For many years Dr. McCall has been the medical editor for *Yoga Journal* magazine. He brings together a wealth of information about the scientific side of yoga, explaining how and why yoga heals. He is clear that central to the modern epidemic of dis-ease

is the inordinate amount of stress people experience and their inability to cope well with that stress. Yoga goes right to the heart of the matter by addressing physical, mental, emotional and spiritual aspects of stress.

The strength of this book is in its individual chapters on yoga therapy for ailments as diverse as asthma, carpal tunnel syndrome, diabetes and insomnia. McCall combines interviews with experienced yoga teachers with scientific evidence for yoga's effectiveness. Each chapter also includes postures, breathing and meditation practices.

Here's a resource that belongs on the shelf of every yoga teacher



Bantam Dell, 2007 List price \$21.00

and serious student of yoga. This work serves as a reminder that yoga is a holistic endeavor, and that yoga teachers have a role in facilitating that wholeness in body, mind and spirit.