

Yoga Spirit Academy



VOLUME 4, ISSUE 2

MARCH / APRIL 2011

Anatomy for Yoga April 2 and 3, 2011

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, this course meets the anatomy and physiology requirement of the program.

Dates: April 2 and 3 8:00 am to 6:00 pm

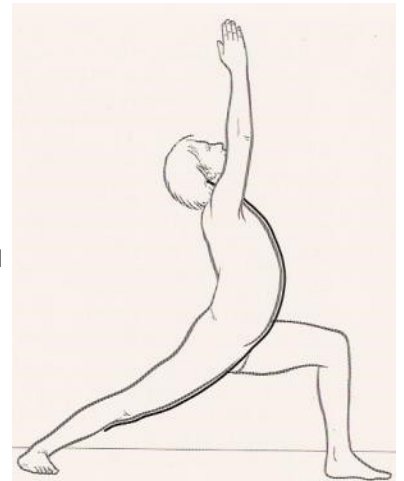
Instructor: Janet W. Parachin, Ph.D., is a Certified Yoga Teacher, Pilates instructor, and Director of Yoga Spirit Academy. She emphasizes alignment and safety in her classes, and teaches so that all may experience the joy and freedom of yoga.

Cost: \$300. A \$50 deposit due by Friday, March 25 with the remainder due on April 2. Space is limited.

Location: The Yoga Co-operative, 5321 S. Sheridan Road in the northeast section of The Farm Office Building

Required books: *Anatomy of Hatha Yoga* by H. David Coulter (*Body and Breath*, 2010), 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.



We can transform our suffering into a spirituality of transformation by understanding that we have a role to play in God's transfiguring of the world.

Archbishop Desmond Tutu, *God has a Dream*

"Anatomy for Yoga" registration form

A \$50 deposit is due by Friday, March 25 * * * 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

Check out these special Spring classes!

Beth Field is doing a 6 week Iyengar Beginner Course on Saturdays from 11:00-12:30 at The Yoga Room. \$85 for 6 classes or \$18 drop-in. 918-808-9642

Meghan Donnelly is offering a Chakra Cleanse on Sunday, March 27 at Inner Peace Yoga. 11:00-1:00 \$25. 918-809-4444

Janet Parachin is teaching Yoga and Pilates, a workshop for yoga teachers on Saturday, April 9 at The Yoga Co-operative. 1:00-5:00 \$50. 918-261-9786

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

The Science Behind Chanting OM

By Victor M. Parachin



Pythagoras (570-490 BCE), the mathematician philosopher, believed that the universe and everything in it was held together by sound or vibration. From the distant stars to the smallest particles on earth he said: "All these sounds and vibrations form a universal harmony, in which each element, while having its own function and character, contributes to the whole." Consequently, he believed that sound as in chanting and music, could be used for healing. This is something which science is increasingly verifying.

Consider this incident involving a Benedictine monastery. A new abbot, forward thinking and progressive, persuaded

the monastery's monks stop their six to eight hours of daily chanting, believing it was antiquated and served no purpose. Shortly afterwards, the monks began complaining of fatigue and depression. When symptoms did not ease up, doctors were called upon. They recommended a change of diet and made other suggestions. Nothing worked. Finally, the leaders of the monastery approached the French otolaryngologist, Alfred Tomatis, MD., who specialized in the study of ear function and vibration. Dr. Tomatis, who believes that the cortex of the brain is charged with energy via sound waves, immediately suggested the monks return to their tradi-

tional chants. They followed his advice and soon their symptoms disappeared. Like Dr. Tomatis, many sound researchers believe that disease is the body literally being "out of tune" and that sound can be used to harmonize the body's energies so it can heal.

So, when we yogis chant OM together, several things are happening. First, we are synchronizing with one another. Secondly, we are synchronizing with the vibration of the universe. Thirdly, chanting OM gives the mind a single focus. Fourthly, the vibrations we create within our own bodies can create subtle inner healing as we chant and synchronize with everything around us.

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

THREE WAYS TO FIND RELIEF

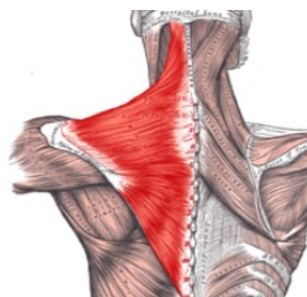
FROM UPPER BACK PAIN:

ONE, STRETCH THE CHEST,
TWO, STRETCH THE RHOMBOIDS,
THREE, STRETCH THE TRAPEZIUS

Relieving Upper Back Pain, Part 3

By Janet W Parachin

Several folks have had much success using the rubber ball to loosen up tight rhomboid muscles (Jan/Feb 2011 newsletter). But upper back pain may still be present, and that tension may even be creeping up into the neck and head, causing tension headaches. Let's look at another muscle group—the trapezius muscles. The upper traps go up the back of the neck and attach to the skull, so tightness here will surely cause discomfort in the neck and head. There's an easy stretch



that you can practice throughout the day and add to your yoga warm-up. Bend the right elbow and bring the arm behind the back. Hold onto the right wrist with the left hand, or hold onto the back of a chair. Gently pull

on the right arm. Bring the right shoulder down away from the ear and slightly back. Tilt the left ear to the left shoulder (stretching the scalenes in the neck). Hold for several breaths. Still holding the tilt of the head, tilt the chin toward the left knee (stretching the upper traps). Hold for several breaths and switch sides. This is a great stretch for anyone who sits in a chair during the day, and also prepares the shoulder for Gomukhasana (cow face pose).

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