



# Yoga Spirit Academy

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**Yoga Spirit Academy**  
11134 E 75th Place S  
Tulsa, Oklahoma 74133  
<http://yogaspirtulsa.com>

**Editor: Janet W. Parachin**  
918-261-9786  
[jparachin@cox.net](mailto:jparachin@cox.net)

## Welcome to our first newsletter

### From the Bhagavad Gita

*Day after day, let the yogi continually seek the harmony of the soul by mastering the mind in a secret place, in deep solitude, hoping for nothing, desiring nothing. When the mind of the yogi is in harmony and finds rest in the Spirit within, her soul is like a lamp whose light is steady, for it burns in a shelter where no winds come.*



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We are delighted to launch the first issue of the Yoga Spirit Academy newsletter. Each month we will have news of interest to YSA students, graduates and others in Tulsa's yoga community. Look for information about

yoga classes and workshops in Tulsa and beyond. We will introduce you to YSA students, instructors and mentors. We will share insights from the great masters of Yoga, meditation and spiritual practice from the present and

past. If there is anything you would like to see in the newsletter, please contact the editor with your suggestions. Send letters or articles to YSA in care of the editor. We look forward to sharing this yoga journey with you!

## Yoga Spirit Academy becomes Yoga Registered School

We have great news to share! Yoga Spirit Academy is now recognized as a Yoga Registered School (Y.R.S.) by The Yoga Register, based in the U.K. The YR is directed by the Independent Yoga Network of which Janet is now listed as a Yoga Registered Teacher (Y.R.T.). We will

soon be listed on their website too. We are thrilled to be part of this international community of yoga teachers and schools and to be recognized as a school that meets standards for 200-hour yoga teacher training programs. These standards include *ahimsa* (nonviolence), *satya*

(truth), and *svadhyaya* (self-study). Students of YSA may register with The Yoga Register for £10 (approx. \$20) and graduates may register for £20 (approx. \$40). Registration and payment can be made on their website using PayPal. <http://theyogaregister.org>

## Texas Yoga Retreat June 20-22

The Texas Yoga Retreat in Austin will be June 20-22. This event is organized by the founders of the Living Yoga Program, the teacher training program from which Janet graduated. The days are

jam-packed with yoga of every kind, philosophy, breathing, meditation, etc. The food is all vegetarian and included in the registration fee. The location is the beautiful Barsana Dham ashram. Check out the website [www.texasyoga.com](http://www.texasyoga.com)



## Yoga Month 09.2008

This special national event is taking place in September. Would you like to be part of the planning to celebrate Yoga Month in Tulsa? Please be in touch with Janet Parachin if you would like to be on the planning committee. Go to <http://yogamonth.org> to learn more about this exciting event.

**Yoga Month 09.2008** is a national awareness campaign to inspire a healthy and vibrant lifestyle. The first initiative of its kind, Yoga Month 09.2008 seeks to bring people from all walks of life together to live the best, healthiest life possible.

### Yoga Health Festivals 10 City Tour

Ft. Lauderdale, Boston, New York City, Chicago, Denver, Austin, Los Angeles, San Diego, San Francisco, Vancouver.

[More...](#)

Get VIP PASS Exhibit



### Yoga Month 09.2008

Join the movement. Register your yoga studio location and add a Yoga Month or Global Mala event. Invite new students via our Yoga Month Card.

[More...](#)

[Register your studio](#)

### Benefiting Youth Health Alliance

All proceeds will support free health education and enrichment activities for underserved youth.

[More...](#)

[Donate now](#)

## Kundalini and Iyengar classes in Tulsa

Here are two great opportunities to work with some exciting yoga instructors in Tulsa. Both are outstanding and highly recommended teachers!

**Celeste McNeal, Kundalini yoga instructor**, will offer classes at the Unity Center at 19<sup>th</sup> and Boston on Thursdays at 6:30. She is on a break right now, but classes resume May 15<sup>th</sup>. You can reach her at [celestia-yoga789@yahoo.com](mailto:celestia-yoga789@yahoo.com) or 918-814-4774.

**Stacie Pryor, Iyengar instructor**, will be offering group classes at All Souls Unitarian Church every Monday night in June. Class time is 7:00 to 8:30 upstairs in room 207. The cost is \$50 for the series or \$15 drop in. Contact her at [pryoyoga@yahoo.com](mailto:pryoyoga@yahoo.com) or 918-747-3777.

*Do you know of any special classes or workshops being offered in the Tulsa area in July or August? Send information to the editor by May 25th.*

**LEARN MORE ABOUT YOURSELF AND YOGA BY TRYING DIFFERENT STYLES AND TAKING CLASSES FROM A VARIETY OF TEACHERS**

## Dates to Remember

### May 15

Kundalini Yoga with Celeste McNeal begins at the Unity Center

### June 2

Iyengar Yoga with Stacie Pryor begins at All Souls Church

### June 7-13

Yoga Ed training will be offered in Tulsa by Elizabeth Barlow. Pre-requisite for enrollment is yoga teacher certification or equivalent. Yoga Ed training qualifies you to

teach yoga as P.E. in elementary schools, K-8. The cost is \$800 (\$700 early bird May 12) plus \$200 for materials. Register at [www.yogaed.com](http://www.yogaed.com) For more information call Elizabeth at 580-298-7507.

### June 20

Do you know anyone who should be a part of the Yoga Spirit Academy community? June 20 is the deadline for applications for the new class that starts July 1<sup>st</sup>. Training dates and application can be found on the school website. Janet can also send a packet

of information to anyone who is interested.

### June 20-22

Texas Yoga Retreat in Austin. See the article on page one.

### September 6 and October 4

“Anatomy for Yoga” class returns this fall. Save these dates for 20 hours (8:00am to 6:00pm) instruction in yoga anatomy. This class meets your 20 hour anatomy and physiology requirement. The cost will be \$225 for YSA students and \$250 for all others.