

**WORTH
THINKING
ABOUT**

If I run around in search of my daily bread, the effort exhausts and demeans me. If I am patient and stay in my place, it will come to me without pain and humiliation. My daily bread is seeking me out and drawing me. When it can't draw me, it comes—just as when I can't draw it, I go to it.

**-Jalaluddin
Rumi**

**INSIDE THIS
ISSUE ON
PAGE TWO**

***A Pain in the
Butt!**

(continued)

***The Power of
Affirmations**

Yoga Spirit Academy

VOLUME 2, ISSUE 3

MAY / JUNE 2009

Yoga Teacher Training in July

A new class of yoga teacher training begins July 17 and 18. The 200-hour curriculum covers postures, breathing, meditation, yoga history, philosophy, lifestyle and ethics. Class size is small so that participants can

learn, grow and explore together. Applications are due by June 20th and are available on our website or from the Director.



How will Yoga change your life?

Texas Yoga Retreat, June 12-14



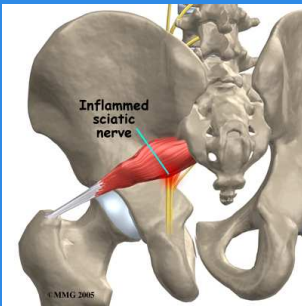
Last year Victor and Janet attended this wonderful retreat at the beautiful Barsana Dham Ashram in Austin, Texas. This year's event promises to be terrific as well. The retreat offers a wide variety of yoga classes suitable for yoga students and teachers of all levels. \$425 covers three days of classes and all vegetarian meals. Accommodations are extra. For more information or to register, please call Megan at 214-223-8211, or visit their website www.texasyoga.com

A Pain in the Butt!

I'm not talking about that home fix-it project you've been putting off, or the co-worker who's driving you crazy. I'm literally talking about pain in the buttocks.

Nasty pain that shoots down the back of the leg, all the way to the heel of the foot. This is the pain of sciatica named thus because it follows the path of the sciatic nerve, the long-

est nerve in the body. Many pregnant women experience this pain when the growing baby presses on the nerve from the inside. Most non-



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

To change the subconscious pattern and increase its vibration, we must remold with new ideas and new concepts its magnetic forces. This can be done through the power of affirmation.

Satguru Sivaya Subramuniyaswami

A Pain in the Butt! (continued)

pregnant people feel this pain because of injury to a muscle that's meant to protect the sciatic nerve.

The piriformis is the smallest of the hip rotator muscle whose main job is to cushion the sciatic nerve. If the piriformis is too tight or injured, however, it presses on that nerve, causing that tell-tale pain all the way down the back of the leg on one side only. The pain can go away for many months or even years, then return with a vengeance seemingly out of the blue.

Only recently have medical doctors recognized the existence of "piriformis syndrome,"

though massage therapists, chiropractors and other holistic healers have sought to aid sufferers through the years.

Yoga to the rescue! Three yoga postures are especially helpful for treating piriformis syndrome: Ardha Matsyendrasana (half lord of the fishes pose), Parivrtta Trikonasana (revolved triangle), and Parivrtta Ardha Chandrasana (revolved balancing half moon).

The Lord of the Fishes pose can be done even when in pain, though sometimes the best thing to do when the pain is intense is to rest. Try the pose two ways, with the bottom leg either extended or bent. The second variation may be too intense.

The two revolved postures are helpful in stretching the piriformis so you're less likely to have a flare-up. Start by facing a wall, maybe six inches or so away from the wall. Step the feet about 30 inches apart. The leg that's having the problem should turn out 90 degrees and the back foot should turn in 45 degrees. As you bend over the front leg, revolve the body away from the wall and use the wall for support. In Triangle the back leg stays planted and in Half Moon the back leg lifts off the floor. Add these postures to your regular routine and you too can get rid of your pain in the butt (at least of the sciatica version!).

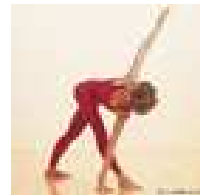


Photo credit: www.yogajournal.com

The Power of Affirmations

By Victor M. Parachin

Teachers from the East consistently remind people about the power of affirmations. Reciting short, positive statements remolds the subconscious areas of the mind. We become what we affirm. Here are ten affirmations for building confidence. Today, select one of these which

intuitively appeals to you. Whenever you think of it, recite it off and on all day long.

1. I can! I will! I am able!
2. I am filled with creative energy and divine light.
3. I create my life anew each day.
4. I am guided as my life unfolds and evolves.
5. I am equal to whatever

challenge I meet.

6. I am strong, energetic, and creative.
7. This is an abundant universe with plenty for all.
8. My inner wisdom guides me today.
9. I attract the best into my life.
10. I am a channel for the creative power of the universe.