

Yoga Spirit Academy



VOLUME 4, ISSUE 3

MAY / JUNE 2011

Anatomy for Yoga June 11 and 12, 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: June 11 and 12 8:00 am to 6:00 pm

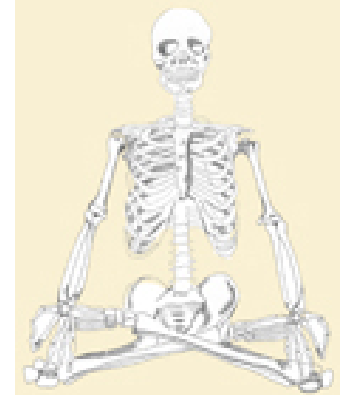
Instructor: Janet W. Parachin, Ph.D., is a Certified Yoga Teacher, Pilates instructor, and Director of Yoga Spirit Academy. She emphasizes alignment and safety in her classes, and teaches so that all may experience the joy and freedom of yoga.

Cost: \$300. A \$50 deposit due by Friday, June 3 with the remainder due on June 11. 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.



MEDITATION IS AN
ACCIDENT, AND
YOGA PRACTICES
MAKE US ACCI-
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SWAMI
SATCHIDANANDA

"Anatomy for Yoga" registration form

A \$50 deposit is due by Friday, June 3 * * * 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

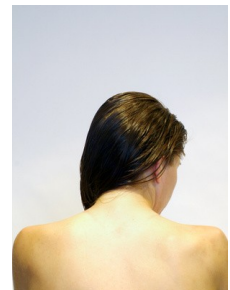
A Stretch for the Upper Back and Neck

In the past three newsletters we've discussed several different stretches for the upper back. Next

month we'll explore the neck more fully. For now, try this stretch that incorporates both the upper back and neck. Sit in

a chair or on the floor with the spine long. Twist the upper body to the right. Keeping the chin level with

the floor, twist the head back to the left. Hold for several breaths and repeat to the other side.



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

You Know Namaste, Now Add Namaha By Victor M. Parachin

Namaha is a Sanskrit word meaning “Not me” or “Not mine” or “It’s out of my hands.” It is a reminder that we are not the ones in control of life and issues which come our way. Namaha is a concept used in meditation for those times when we experience disappointment because our plans and hopes are not working out.

Here’s how to do a “Namaha” meditation when you’re feeling disappointed and discouraged. Inhale the sentence and exhale on *Namaha* as you re-

peat these kinds of statements (you can repeat just one sentence or a combination of these):

It’s not about me. Namaha

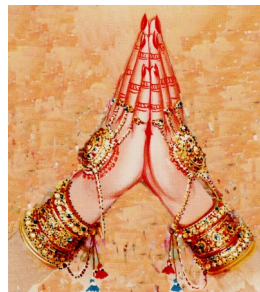
All is well. Namaha

There is a greater plan. Namaha

I have faith. Namaha

A way will open. Namaha

As you continue to inhale and exhale, simply keep repeating *Namaha* permitting it’s meaning and faith to penetrate your consciousness.



One woman, whose three year relationship with her boyfriend, ended abruptly and painfully says: “I wasn’t just disappointed; I was devastated. I felt and he felt, we belonged together. Then, one day, out of the blue he told me his feelings changed and it

was ‘time to move on’ with his life.” She’d been part of a meditation group and remembered learning the Namaha practice. “Though I was an emotional wreck, I had the good sense to tap into meditation and sat for nearly an hour repeating two sentences: *There is a greater plan. Namaha* and *It’s not about me. Namaha*. I felt greatly stabilized emotionally and a little more hopeful about dealing with the pain,” she says of the experience.

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

Congratulations Tracy Scott



We’re delighted to announce that Tracy Scott graduated from the Yoga Spirit Academy yoga teacher training program

in March. She wrote directed studies on Christian meditation, Chakra therapy, and Yoga retreats, and mentored with Kundalini instructor Celeste McNeal.

Tracy currently teaches hatha yoga in Owasso and a flexibility fusion class in Tulsa. She also offers private trainings. She first thought about teaching yoga while on a yoga hik-

ing trip in Sedona, Arizona. It all made sense to her—she loves yoga and she loves teaching other people, so why not become a yoga teacher? She enjoys introducing people to yoga who are new to it so that they too can fall in love. And nothing beats the smiles and peacefulness of a relaxing savasana after a challenging asana class!

When she’s not practicing yoga, Tracy cleans her house or works in her organic garden. She’s always looking for cool new things to do with her friends, and makes time for camping too. Quotable Tracy: “Do what you love and love what you do! The money will follow!”

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