



Yoga Spirit Academy

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Yoga on Thanksgiving

From Brother David Steindl-Rast

"Can our world survive without gratefulness? Whatever the answer, one thing is certain: to say an unconditional yes to the mutual belonging of all beings will make this a more joyful world. This is the reason why yes is my favorite synonym for God."

Here are some wonderful opportunities to practice yoga with family and friends on Thanksgiving.

Victor and Janet will be leading a class at LaFortune Community Center at 8:30 am. Bring two cans of food or \$5 for the Community Food Bank. 5202 S. Hudson Ave, just south of 51st between Yale and Sheridan. Call 918-261-9786 for more information

The Yoga Room Thanksgiving Class is at 9:30 am. Minimum donation suggestion is \$10 per student with all donations going to Shri Ram Orphanage in India and the SPCA Tulsa. 3403 S Peoria Ave. On 34th Street, 1/2 block East of Peoria. Call 918-808-YOGA

Inner Peace will host a free yoga class at 10:30 am and will be accepting donations for the Food Bank of Eastern Okla-



homa and Tulsa SPCA. 7718 E. 91st street, Suite 160, southwest corner of 91st and Memorial. Call 918-809-4444

New Class Begins in January

If you or someone you know would like to be a yoga teacher or is interested in going further in their exploration of Yoga, then please

consider Yoga Spirit Academy yoga teacher training. Our next class begins January 23 and 24, meeting one weekend a month for a year.

The application deadline is December 20. Call Janet at 918-261-9786 for more information. *How will Yoga change your life?*

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Yoga Gems from the Bhagavad Gita By Victor M. Parachin

Any person who does yoga regularly will come across a quotation from the Bhagavad Gita (400-300 BCE). This is one of Hinduism's most

popular and sacred scriptures. Bhagavad Gita literally means "Lord's Song." It is a book of yoga philosophy which records the conversation be-

tween the God Krishna and the warrior Prince Arjuna. At the time, Arjuna

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Meet Jenny Earle

Jenny Earle is a juggler—she juggles home, work and school. As a wife, mother of 7- and 3-year-old daughters, and part-time bartender at the Brook on Peoria, she leads a busy life. She credits yoga with helping to bring balance to her life.

Jenny believes yoga is unique for its wide-ranging benefits for mental, spiritual and physical health.

“Sometimes you go into yoga class not wanting to do yoga,” she says, “but you always come out feeling better than you went in.”



Jenny’s interest in yoga goes back at least 10 years, but she really got

into it during her second pregnancy. She wanted to have a natural childbirth, and all the literature led her to study yoga. Yoga’s emphasis on breathing and strengthening the muscles of the pelvic floor made it possible for her to have a successful childbirth.

Jenny continues to practice breathing exercises and loves to incorporate them into her teaching. “I love them because I know what they can do,” she says with a smile.

Jenny’s mentor in the program is Janet Parachin who says, “Jenny gives just enough details when she teaches. And her understanding and instruction in breathing exercises are excellent.”

Her directed studies in Yoga for Kids and Prenatal Yoga are preparing her to share her knowledge and experience with these particular populations,

but she is looking forward to teaching in any and all settings.

If all goes according to plan, Jenny will complete the requirements for her teaching certification in December and she wants to start teaching regular classes in the new year. And then Jenny Earle will have one more activity to juggle, as she joyfully passes on the gift of yoga to others.

Why meditate?

Meditation is based on the premise that the natural state of the mind is calm and clear. Thus meditation provides a way to train our mind to settle into this calm and clear state. In the East meditation is primarily for greater spiritual awareness and connection. In the West people approach meditation first for stress reduction. Interestingly, however, they discover and appreciate the spiritual link as well.

Yoga Gems, continued By Victor M. Parachin

is about to engage in war. This “war” is a symbol of the conflicts, tensions and battles we all face in our daily lives. Krishna, responding to Arjuna’s ambivalence, confusion and moral dilemma, explains to Arjuna his duties as a warrior and prince. With remarkable clarity, Krishna outlines to Arjuna the principles of right living. Krishna explains how people should conduct themselves on a day to day basis, keeping the Divine at the center of their awareness, and performing their duties without being attached to the outcomes. As a result, the Gita is described as a concise guide to Hindu philosophy and also as a practical guide for daily living. Here are some yoga gems from the Bhagavad Gita:

Be compassionate. Not just to your friends but to everyone.

One can become whatever one wants to be, if one constantly contemplates on the object of desire with faith.

The power of God is with you at all times; through the activities of mind, senses, breathing, and emotions, and is constantly doing all the work using you as a mere instrument.

Delusion arises from anger. The mind is bewildered by delusion. Reasoning is destroyed when the mind is bewildered. One falls down when reasoning is destroyed.

A man’s own self is his friend; a man’s own self is his foe.

I (God) am easily attained by the person who always remembers me and is attached to nothing

else.

In addition, the Bhagavad Gita has many statements about yoga including these: *Yoga is contentment in success and failure... Yoga is the supreme secret of life... Yoga is the destroyer of pain... Yoga is serenity... Yoga is constancy and equilibrium - a place that is ever the same... Act with a spirit of detachment, being equal in success or failure. Such evenness of mind is called yoga.*

Many English translations of the Bhagavad Gita are available. Our favorite is *The Bhagavad Gita: Translated for the Modern Reader* by Eknath Easwaran.

