

Yoga Spirit Academy

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Protecting the Sacroiliac Joints

From William Butler Yeats

"We can make our minds so like still water that beings gather about us to see their own images and so live for a moment with a clearer, perhaps even a fiercer life because of our silence."

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Last month we discussed where the SI joint is located and how to put it back into joint when it slips out. Ouch! This month we'll look at some of the postures that put the SI joint at risk.

Ligaments in the body connect bone to bone. Strong ligaments connect the sacrum to each of the two ilia bones to prevent them from slipping apart. In advanced yoga students, however, these ligaments can stretch and make the joint unstable. This problem occurs more in women than men, probably because of hormone fluctuation. In fact, in most men over 50 years of age these joints are fused limiting their movement in the pelvis.

Postures that bring the legs into a wide stance combined with forward bending are

most likely to aggravate the SI joint: Baddha Konasana (bound angle pose), Upavistha Konasana (wide leg angle pose), and Prasarita Padottanasana (standing straddle forward bend). When the legs are in this position, the pubic bones pull apart. Adding a forward bend can make the sacrum pull away from the ilia, especially in more flexible students. To prevent this, move the pelvis and sacrum as

one unit when bending forward. Keep the lower back in a neutral position (not rounded) and bend forward from the hip joints.

Janu Sirsasana (head-to-knee pose) can be painful, even for the most careful of students. Bending one knee puts that hip in extreme external rotation. The hip of the extended leg is relatively relaxed. When a student bends forward from this position, the sacrum and pelvis on the side of the extended knee are more likely to move as one unit than the sacrum and pelvis on the side of the bent leg. To move into the posture safely, she can place a blanket under her sitting bones (to bring her pelvis into a neutral position), and bend forward from both hips, taking care to move both sides of the sacrum and pelvis as one unit.

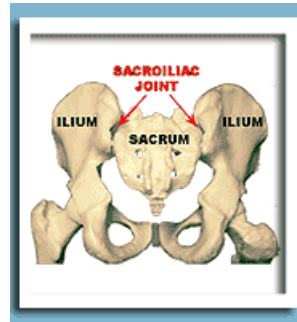


Image www.advpain.com

Meditation Techniques class

This series of seven classes will be offered on Mondays from 7:00-9:00 pm, October 27 through December 8 at Buddy LaFortune Commu-

nity Center, 5202 S. Hudson Avenue. The course is sponsored by "A Path to Higher Consciousness" and is led by Steven Michael Hall. To regis-

ter contact Mr. Hall at 759-3333 or Steve@SteveMichaels.net

Meet Sunny Ray

Sunny Ray was at loose ends, having left her job, home and a long-term relationship. In the midst of the craziness, her thoughtful boyfriend gave her a gift certificate for one month of unlimited classes at Inner Peace Yoga. Her first class was on radical acceptance, and it changed her life. What she noticed immediately was that she started sleeping and digesting food better. Then she found relief for a shoulder injury which had hurt for a very long time.

She soon started working at Inner Peace as office manager. She did so many things at the studio except teach yoga. The owner, Meghan Donnelly, told her it was time she started teaching. About the same time, Janet Parachin arrived asking if she could put up flyers for Yoga Spirit Academy. Sunny knew then that it *was* time to begin

yoga teacher training and she joined the group that started in January 2008. The convergence of events lined up with her daily affirmation: "I accept the flow of my life and allow it to provide for me comfortably and easily."

Sunny now teaches several classes each week. She loves being able to guide others in their practice, and is especially gratified when she can share what she has learned about shoulder issues with others who are suffering. To see them feeling better after yoga class makes her smile.

When she's not practicing or teaching yoga, Sunny listens to and makes music with her many musician friends. Ask her about the seven years she traveled the world, living in a VW bus following Jerry Garcia and the Grateful Dead!



"I want to say how much I've enjoyed receiving Janet and Victor's guidance in the directed studies. These were just ideas floating around in my head and they would have never come to anything if they hadn't asked me to write papers. So thank you!" Thank you, Sunny, for your smile and enthusiastic spirit.

Swami Vivekananda

By Victor M. Parachin

Though he died at the young age of 39, Swami Vivekananda (1863-1902) is regarded as one of the most influential Hindu leaders in modern times. He is also the major figure who introduced Hinduism to Americans. Accepting an opportunity to represent Hinduism at Chicago's Parliament of Religions in 1893, Vivekananda won instant celebrity in America with his eloquent presentation and explanation of



Hindu spiritual philosophy. The New York Herald said of Vivekananda: "He is undoubtedly the greatest figure in the Parliament of Religions. After hearing him we feel how foolish it is to send missionaries to this learned nation."

His lectures and writing have been collected into nine volumes. Here are some quotes from this spiritual master:

Condemn none: if you can stretch out a helping hand, do so. If you cannot, fold your hands, bless your brothers (and sisters), and let them go their own way.

You cannot believe in God until you believe in yourself.

Feel like Christ and you will be a Christ; feel like Buddha and you will be a Buddha. It is feeling that is the life, the strength, the vitality, without which no amount of intellectual activity can reach God.

Weight Loss Workshop

Inner Peace Yoga will host a Yoga for Weight Loss workshop with Kim Carmean on November 1 and 2. Each day is \$25 or attend both days for \$45. Call 809-444 or go online www.InnerPeaceYogaTulsa.com for more information or to register.

We are responsible for what we are, and whatever we wish ourselves to be, we have the power to make ourselves. If what we are now has been the result of our own past actions, it certainly follows that whatever we wish to be in future can be produced by our present actions; so we have to know how to act.

You have to grow from the inside out. None can teach you, none can make you spiritual. There is no other teacher but your own soul.

Where can we go to find God if we cannot see Him in our own hearts and in every living being.