

Yoga Spirit Academy



VOLUME 4, ISSUE 5

SEPTEMBER / OCTOBER 2011

Deepen Your Yoga Practice with Charles MacInerney



Charles MacInerney from Austin will be in Tulsa September 9-11 presenting workshops for yoga teachers and students. His topics will include

▪ “Attitude in Asana”: How our attitude can enhance or detract from our yoga experience. *Friday, 6-9 pm, \$45*

▪ “Yoga for the Mind”: Learning how to eliminate boredom and fear from our lives. *Saturday, 1-5 pm, \$60*

▪ “The Art of Stretching”: There is more than one way to stretch a muscle. In fact, there are 8 ways. *Sunday, 9 am-1 pm, \$60*

Special price: \$150 for all three workshops

Plus, a special class for those who teach yoga:

▪ “Making Money as a Yoga Teacher,” *Saturday, 9-11 am, \$30*

To register, contact Victor Parachin at 918-284-1422 or vmppnamaste@gmail.com

New Class begins September 24 and 25

Fall brings the beginning of a new school year, and Yoga Spirit Academy is no exception. Space is available in the 200-hour yoga teacher training program which covers postures, breathing, meditation, yoga history, philosophy, lifestyle and ethics.

Classes meet one weekend a month for one year. Applications are available from the Director or at <http://yogaspirittulsa.com>. How will Yoga change your life?

To set the mind on the Spirit is life and peace.
Romans 8:6



CONGRATULATIONS!

Congratulations to **Kelli James** who completed the 200-hour teacher training program in June. Kelli started the program in July, 2008. She mentored with Kris Allison and completed directed studies in Meditation, Yoga for Athletes, Using Mandalas for Meditation, and Mindfulness Yoga. She teaches Sunday morning Soft Yoga at Inner Peace in Tulsa.



Congratulations to **Dena Coleman, Holly Hughes, Diane Jacobson, Shanti Krigel, Cyndi Lepley, Celeste McNeal and Ramona McNeal** who completed the Anatomy for Yoga classroom course on June 11 and 12.

Congratulations to **LeAnne Roberts** who completed the 20-hour Yoga Anatomy and Physiology correspondence course in August.

Congratulations to graduate **Tracy Scott** who retired from the U.S. Navy on August 20 having served honorably for 24 years.

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

Being a Bridge Over Troubled Waters: A Lesson from Tibet

by Victor M. Parachin

One of the most famous and revered of Tibetan leaders is known Tang Tong Gyalpo (1385-1464). Unlike other leaders who became famous for military conquests, diplomacy or accumulating wealth, Tang Tong is remembered as being a bridge builder. During his lifetime he served the people of Tibet by building hundreds of sturdy iron bridges over the wide Himalayan rivers which run through the Tibetan plateaus. Until those bridges were built-and some remain to this day-crossing those rivers could be treacherous particularly in the rainy seasons when the rivers would swell and



flow furiously.

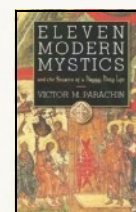
In order to build those bridges, Tang Tong developed technologies which were original and highly advanced. Prior to his time, no one had been able to build long, sturdy iron bridges. To this day, Tang Tong Gyalpo's name among Tibetans elicits reverence and appreciation.

His life as a bridge-builder is a beautiful metaphor for the way all of us ought to live our lives. Would not our communities and cities be

more pleasant, more kind, more gentle and more hospitable places if each one of us sought to be someone's bridge over troubled waters? When people face great personal challenges and feel as though they may drown in them, it is a good friend who appears and becomes their bridge to safety. Just consider the endless opportunities which come your way, often daily, to be just that kind of friend to another person.

The lesson from Tang Tong Gyalpo: *Be someone's bridge over troubled waters.*

Eleven Modern Mystics by Victor M. Parachin was published in June 2011. Yogis will find it useful for their own spiritual growth and evolution. The eleven mystics include individuals from various religious traditions: Thich Nhat Hanh (Buddhist); Etty Hillesum (Jewish); Eknath Easwaran (Hindu); Ben Salmon (Catholic). Each mystic shows us what it means to live a spiritual life. The book is available from Amazon and Barnes and Noble. \$15 in paperback and \$9.99 as an E book for Kindle and Nook.



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

Relieving Pain with "Angel Wings"
By Janet W. Parachin

In the last two newsletters we've been looking at neck pain and the tight muscles that contribute to that pain. One reason why neck pain is so troublesome is that it often leads to tension headaches. You'll notice that tension headaches often begin in the back of the head, at the base of skull, coming right off those tight neck muscles. If we could

take time throughout the day to do these stretches, we might just keep the headache from creeping up the neck and into the head by the end of the day!

"Angel wings" not only sound nice, but they are fun to do. The stretch the rhomboids and upper traps and they restore mobility to the shoulder blades. Sit up



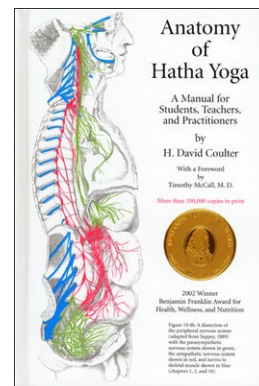
straight and keep your chin level with the floor as you practice these. Place your fingers on your shoulders with your elbows pointing to the sides. (If your upper back is too tight in this position, go back to the stretches we suggested in the previous two newsletters.) Inhale as you press *continued on page 3*

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In Memory of H. David Coulter, Ph.D.

All those who appreciated and were challenged by Dr. Coulter's book *Anatomy of Hatha Yoga* (used in our teacher training program), will be saddened to learn of his death on June 9, 2011. For several decades, Dr. Coulter taught anatomy and neuroscience at the University of Minnesota Medical School. During the mid 1970s he began working on his *Anatomy of Hatha Yoga* book. The work progressed slowly and over many years

before completion and publication in 2001. The following year it was declared winner of the Benjamin Franklin Award for Health, Wellness, and Nutrition. Dr. Coulter died at his home, age 71, after courageously dealing with Parkinson's Disease. His *Anatomy of Hatha Yoga* will continue to inform and inspire future generations of yogis.



Upcoming workshops

Yin Yoga workshop at Inner Peace on September 9 and 10. \$45 for both sessions. Call 918-809-4444 to register.



Baptiste Power Yoga Vinyasa workshop at The Canebrake, September 18, 2-4 pm, \$25 918-485-1810

Iyengar teacher Larry Lane will be at The Yoga Room September 24 and 25. \$60 for both

sessions. Contact 918-808-9642 to register.

Reiki classes with Jaylene Johnston, Reiki II on September 24, or Reiki I on October 8. 9:30 to 3:30, \$75 with a \$10 discount for early registration, 918-510-4009

Restorative Yoga/Yoga Nidra with Janet Parachin at The Farm, Sunday October 9, 2:30-4:00 pm, \$18 in advance or \$20 at the door, 918-261-9786

Texas Yoga Retreat, October 21-23 in Austin. \$395 for three days of yoga classes and vegetarian meals.

www.texasyoga.com

PAIN RELIEF, continued

the elbows back, bringing the shoulder blades together. Exhale as you press the elbows toward each other in the front, taking the shoulder blades apart. Remember to relax the neck. We don't want any tension creeping up into the base of the skull! Do 10 or more repetitions. Take a break by resting

your arms at your sides. Then move right on to the next step: While holding the elbows out to the sides, make 10 little circles in each direction.

Finish with a couple more neck stretches. These stretches take a bit more effort, but they're worth it!
#1 Place both hands on the

right collarbone. Exhale and turn head to the left. Inhale and lift the chin up. Exhale and press hands gently into the collarbone. Inhale, exhale and press. Return head to the center and relax hands to the lap. Switch sides.

#2 Reach the right arm

behind the back and hold onto the right wrist with the left hand. Exhale and drop the left ear toward the left shoulder. After a few breaths, turn the nose toward the left shoulder. After a few breaths, turn the nose toward the sky. After a few breaths, lift the head and release the arm. Switch sides.

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