

Apply Today to Yoga Spirit Academy

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Students can join the program in any month. Start now and complete twelve consecutive months of training. For an application, visit our website <http://www.yogaspirtulsa.com> and click on "Apply today!" on the home page, or call us at 918-261-9786. We look forward to talking with you about yoga and how it can change your life.

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New! Now offering Advanced Yoga Teacher Training. "Yoga Plus Restorative" begins in February 2010 and "Yoga Plus Meditation" begins in August 2010.

Yoga Spirit Academy

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Phone: 918-261-9786

Yoga Spirit Academy



Credit Mary Upshaw-Hendricks

Yoga Teacher Training in Tulsa

**Honoring body,
mind and spirit**

918-261-9786

<http://yogaspirtulsa.com>

The only 200-hour yoga teacher training program in Tulsa

Yoga Spirit Academy was founded in 2007 by Janet and Victor Parachin to provide excellent, accessible and affordable yoga teacher training to people in Tulsa and surrounding areas. Classes meet one weekend a month for a year. Although the program can be completed in one year, students have up to three years to complete the requirements. Our yoga training is non-denominational, offering the basics in yoga philosophy, postures, meditation, breathing, anatomy, energy systems, ethics, and how to teach and assist others in their practice of yoga. Those who want to can go on for specialized training in a particular style of yoga. Yoga Spirit Academy is licensed by the Oklahoma Board of Private Vocational Schools, is a Yoga Registered School (Y. R.S.) with The Yoga Register, and approved by Yoga Alliance.



Yoga training that is excellent, accessible and affordable

Education that honors body, mind and spirit

Who is the program for?

People choose to participate in a yoga teacher training program for many different reasons. Most will enroll because they want to become a Certified Yoga Teacher (C.Y.T.) The 200-hour certification is the standard for yoga teaching throughout the world. But the program is also for those who don't want to teach but do want to move deeper into the knowledge and practice of yoga. Yoga is more than doing postures; it is part of a larger philosophy of life that emphasizes union of body, mind and spirit. This program helps one "live" their yoga. The program is especially for those who want to be part of a nurturing yoga community. As students work with one another and local yoga teachers, they make connections that will greatly enrich their lives.

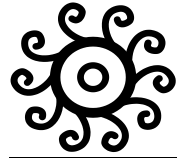


How will Yoga change your life?

The Curriculum

The program is divided into six sections. It includes 160 contact hours and 40 hours of independent studies. Graduates may register with The Yoga Register as a Yoga Registered Teacher (Y.R.T.).

Teaching Techniques (100 hours) covers both the theory and practice of poses, meditation and breathing



Teaching Methodology (25 hours) covers how to teach and assist others in their practice

A holistic program that integrates both the theory and practice of yoga

Yoga Anatomy and Physiology (20 hours) looks at how the body works, especially as one practices yoga, meditation and breathing techniques

Yoga Philosophy, Lifestyle and Ethics (30 hours) covers the history and philosophy of yoga, the ethics of yoga teaching, and living the life of a yogin/yogini

Teaching Practicum (10 hours) is practical experience in teaching and observing others

Directed Studies (15 hours) on topics of interest to the student

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