

YOGA SPIRIT ACADEMY
YOGA TEACHER TRAINING IN TULSA

Advanced Anatomy for Yoga

8 Friday afternoons this spring

Cost: \$450
Due by February 21;
\$20 late fee after
February 21
√ Cash
√ Check payable to
Yoga Spirit Academy
√ PayPal to
jparachin@cox.net
√ Venmo to Janet-
Parachin

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Location:

Tulsa Yoga Meditation
Center
5319 S. Sheridan Rd.,
in The Farm Office
Building, 51st and
Sheridan, across from
Urgent Vet

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Required books:

YogaBody by Judith
Hanson Lasater
(Rodmell Press, 2009)

*The Key Muscles of
Yoga* by Ray Long
(BandhaYoga, 2009)

The Key Poses of Yoga
by Ray Long
(BandhaYoga, 2009)

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Yoga Spirit Academy
Janet W. Parachin, Director
11134 E. 75th Place
Tulsa, OK 74133-2518
918-261-9786
<http://yogaspirittulsa.com>
jparachin@cox.net

*February 28, March 7, 14, 28, April 11, 25, May 2, 9
Friday from 1:00-4:30pm*

Take your understanding of Yoga to the next level by exploring anatomical aspects of yoga postures and breathing. In a fun and enlightening small group workshop setting you will

- Understand the movements of the spine, shoulders (arms and wrists) and hips (knees and feet)
- Discuss common injuries with an emphasis on anatomically safe movements
- Practice yoga assists that are anatomically-informed
- Learn about and experience the power of subtle anatomy (energy systems and chakras)
- Explore the anatomy of breathing in both its physical and subtle aspects

Yoga teachers and serious yoga students are invited to this 30-hour course. A knowledge of basic anatomy is highly recommended; this course will begin with a review of basic anatomy as well.



Janet W. Parachin, Ph.D., is a Certified Yoga Therapist, Yoga and Ayurveda Wellness Consultant, Reiki Master and Director of Yoga Spirit Academy. She has over 2000 hours of training in anatomy, restorative and therapeutic Yoga, Ayurveda and Reiki. She teaches so that all may know freedom in body, mind, heart and spirit.