

Yoga Spirit Academy in Tulsa, Oklahoma

300-hour Ayurvedic Yoga Teacher Training (A.Y.T.)

January 2024 – March 2026

Ayurveda, the 5000-year-old "science of life" is the companion to Yoga in the ancient Indian arts of health and wellness. Yoga emphasizes postures, breathing and meditation, while Ayurveda teaches the best diet and lifestyle choices according to one's constitution. Together these systems provide a holistic vision for living with vitality, clarity and joy.



Yoga Spirit Academy's Ayurvedic Yoga Teacher Training (AYT) is a comprehensive exploration of the relationship between Yoga and Ayurveda. Students who undertake this program will

- Learn the healing aspects of Yoga and Ayurveda
- Deepen their own understanding and practice of Yoga and Ayurveda
- Uncover new ways to see themselves and others through the lens of Yoga and Ayurveda
- Learn how to assess their students' needs according to the ancient teachings of Yoga and Ayurveda
- Develop plans and programs that will meet students' needs in both group settings and in private settings
- Grow in confidence, understanding and wisdom as they embark on a journey with others who share their values and vision

Ayurvedic Yoga Teacher training Courses

Yoga and Ayurveda Constitutional Analysis (45 hours, \$675)

This course covers the philosophy of Ayurveda, aspects of Ayurvedic anatomy (5 elements, 3 doshas, 7 dhatus), the disease process according to Ayurveda, and how to analyze constitution through pulse, tongue and facial analysis. *January – March 2024*

Yoga and Ayurveda Diet and Lifestyle (45 hours, tuition \$675)

This course covers diet and lifestyle choices according to the doshas and the seasons, the five tastes of food, cooking for the doshas, basic herbalism to balance the doshas, and understanding the effect of the environment, times of the day and seasons of one's life on overall health. *May – July 2024*

Subtle Therapies for Body and Mind (45 hours, tuition \$675)

This course covers the effect of Yoga and Ayurveda on body and mind, specifically exploring the chakras, the nadis, the koshas, marma therapy, aromatherapy, color and gem therapy, mantra and sound therapy.

September – November 2024

Practices (40 hours, tuition \$600)

This course covers asana, pranayama and meditation suitable for the doshas and understanding how the doshas are affected by diet, lifestyle, environment, the times of day and the seasons of life. *January – March 2025*

Advanced Anatomy for Yoga (30 hours, tuition \$450)

This course goes beyond the basics of anatomy to explore the biomechanics of the shoulders, hips and spine; common injuries with an emphasis on anatomically safe movements; assisting and adjusting that is anatomically informed; the Ayurvedic understanding of subtle anatomy; and the anatomy of breathing. *May – July 2025*

Therapeutic Yoga and Ayurveda (45 hours, tuition \$675)

This course explores the therapeutic applications of Yoga and Ayurveda to heal and prevent injuries and illness, therapeutic yoga for the hips and sacrum, for the shoulders and neck, for the back and spine, for the extremities, and for mental and emotional healing. *September – November 2025*

Advanced Pranayama and Meditation (50 hours, tuition \$750)

This course builds on students' basic knowledge of and experience with pranayama and meditation to expand their personal practice; explore the physical, psychological, emotional and spiritual benefits of pranayama and meditation; and be able to prescribe specific practices to pacify the doshas and the gunas. *January – March 2026*

For an application form, see our website or contact the Director.

<https://www.yogaspiritulsa.com/>

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