

**Yoga Spirit Academy**  
**Ayurvedic Yoga Teacher Training**  
**Advanced Pranayama and Meditation**

Meeting Dates:     January 23-24, 2021  
                          February 27-28  
                          March 20-21  
                          April 24 (make-up and review)  
                          Saturday and Sunday, 1:00-7:00pm

Instructor: Janet W. Parachin, Ph.D., C-IAYT

*Janet is a certified yoga therapist with over 1700 hours of teacher training in anatomy, restorative and therapeutic yoga, Ayurveda and Reiki. She is a Relax and Renew® trainer certified by Judith Hanson Lasater. She is a Yoga and Ayurveda Wellness Consultant certified by the American Institute of Vedic Studies led by Dr. David Frawley. She attends annual trainings with Dr. Vasant Lad at The Ayurvedic Institute in Albuquerque, New Mexico. She is the Director of Yoga Spirit Academy and co-founder of Tulsa Yoga Meditation Center.*

Victor M. Parachin, M.Div., C.Y.T.

*Victor is a Vedic educator, yoga instructor and Buddhist meditation teacher. He has completed over 1000 hours of yoga training in philosophy, anatomy, Ayurveda, restorative and therapeutic yoga. He is a Yoga and Ayurveda Wellness Consultant certified by the American Institute of Vedic Studies led by Dr. David Frawley. He researches and writes extensively about eastern spiritual philosophy and is the author of numerous books. He is the Director of Tulsa Yoga Meditation Center.*

#### Description

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. Topics include: instruction in the Bhagavad Gita, breathwork and meditation for physical and mental healing, chakras, mantras, aromatherapy and gemstones.

#### Attendance requirements

Students who complete all 50 hours will receive a certificate of completion. Students can miss two days (or one weekend) of the course. Missed classes may be made up by attending the designated make-up day and through a combination of private sessions and written assignments. Private sessions cost \$80 per hour; written assignments cost \$50 per assignment. There is no additional charge for the scheduled make-up day.

### Location

Classes meet at Tulsa Yoga Meditation Center, 5319 S. Sheridan Road, in The Farm Office Building, 51st and Sheridan Road.

### Prerequisite

Prospective students are asked to submit an application for the Ayurvedic Yoga Teacher Training Program. The prerequisite for enrollment is one of the following: completion of at least 100 documented hours of yoga teacher training from any yoga school or 300 documented hours of yoga teaching.

### Tuition

Tuition for this course is \$750. A \$50 deposit is due with the Enrollment Agreement. There are two payment options: 1) Remaining \$700 due by January 16. 2) Two payments in addition to the \$50 deposit: \$370 due by January 16, and \$350 due by February 27. (Includes a \$20 late fee)

### Enrollment

To enroll in this course, submit a completed Enrollment Agreement and a \$50 deposit. The Enrollment Agreement is available from the Director or an electronic version is available on the school website. Registrations will be accepted until the course is full.

### Required books

Easwaran, Eknath. *The Bhagavad Gita, 2<sup>nd</sup> edition*. Nilgiri Press, 2007. ISBN-13: 978-1586380199

Frawley, David. *Yoga & Ayurveda: Self-Healing and Self-Realization*. Lotus Press, 1999. ISBN-13: 978-0914955818

Khalsa, Hari Kaur. *A Woman's Book of Meditation: Discovering the Power of a Peaceful Mind*. Avery, 2006. ISBN-13: 978-1583332535

Rosen, Richard. *The Yoga of Breath: A Step-by-Step Guide to Pranayama*. Shambhala, 2002. ISBN-13: 978-1570628894

### Questions

Janet W. Parachin, Director  
Yoga Spirit Academy  
11134 E 75<sup>th</sup> Place S  
Tulsa, OK 74133-2518

918-261-9786

[jparachin@cox.net](mailto:jparachin@cox.net)

[www.yogaspirittulsa.com](http://www.yogaspirittulsa.com)

*Yoga Spirit Academy is licensed by the Oklahoma Board of Private Vocational Schools and is a Yoga Registered School with The Independent Yoga Network*