

Yoga Spirit Academy
Ayurvedic Yoga Teacher Training
Yoga and Ayurveda
Constitutional Analysis

Meeting Dates: January 27-28, 2024
 February 24-25
 March 23-24
 April 20 (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 2000 hours of teacher training in anatomy, restorative and therapeutic yoga, Ayurveda and Reiki. She is a Yoga and Ayurveda Wellness Consultant certified by the American Institute of Vedic Studies led by Dr. David Frawley. She is a Reiki Master Teacher in the lineage of Holy Fire® Reiki. She is the Director of Yoga Spirit Academy and co-founder of Tulsa Yoga Meditation Center.

Description

This 45-hour course combines both theory and practice. Learn the basics of Ayurveda including the five elements, the three doshas, the seven tissues and the ayurvedic understanding of health and disease. Learn the practical arts of reading the constitution through the pulse, tongue, face and fingernails.

Attendance requirements

Students who complete all 45 hours will receive a certificate of completion. Students may be absent up to two days or one weekend. Missed classes may be made up by attending the designated make-up day and completing a written assignment, or through a combination of private sessions and written assignments. Private sessions cost \$100 per hour; written assignments cost \$75 per assignment. There is no additional charge for the scheduled make-up/review 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 should 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 \$675. A \$50 deposit is due with the Enrollment Agreement. There are two payment options: 1) Remaining \$625 due by January 20. 2) Two payments in addition to the \$50 deposit: \$320 due by January 20, and \$325 due by February 24. (Includes a \$20 late fee)

Discount tuition

Students who previously paid full tuition for this course may enroll at the discounted rate of \$337 (\$50 to enroll and \$287 due by January 20).

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

Frawley, David. *Yoga & Ayurveda: Self-Healing and Self-Realization*. Twin Lakes, Wisconsin: Lotus Press, 1999, reprinted 2010. ISBN-13: 978-0914955818
Lad, Vasant. *Ayurveda: The Science of Self-Healing*. Twin Lakes, Wisconsin: Lotus Press, 1985. ISBN-13: 978-0914955009

Recommended book

Lad, Vasant. *Secrets of the Pulse: The Ancient Art of Ayurvedic Pulse Diagnosis*. Albuquerque, New Mexico: The Ayurvedic Press, 2d ed, 2006.
ISBN-13: 978-1883725136

Questions

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