

Yoga Spirit Academy
Ayurvedic Yoga Teacher Training
Yoga and Ayurveda Subtle Therapies

Meeting Dates: January 29 and 30, 2022
 February 26 and 27
 March 26 and 27
 April 23 (make-up and review day)
 Saturday and Sunday, 1:00-7:00pm

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

Janet is a certified yoga therapist with over 1800 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.

Description

Yoga and Ayurveda Subtle Therapies for Body and Mind is a 45-hour course that 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. Upon completion of this course, graduates will understand the role of the five senses (sight, hearing, touch, taste and smell) in healing and will be able to develop practical protocols for healing of body, mind and spirit in both individual and group settings.

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.

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 \$80 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.

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 22. 2) Two payments in addition to the \$50 deposit: \$320 due by January 22, and \$325 due by February 26. (Includes a \$20 late fee)

Discount Tuition

Students who previously paid full tuition for this course may enroll for \$337 (half price).

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. *Ayurveda and the Mind: Healing of Consciousness*. Twin Lakes, Wisconsin: Lotus Press, 1997. ISBN-13: 978-0914955368
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 books

Fondin, Michelle S. *Chakra Healing for Vibrant Energy*. Novato, California: New World Library, 2018. ISBN-13: 978-1608685349
Frawley, David, and Suhas G. Kshirsagar. *The Art and Science of Vedic Counseling*. Twin Lakes, Wisconsin: Lotus Press, 2016. ISBN-13: 978-0940676350

Questions

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Yoga Spirit Academy is licensed by the Oklahoma Board of Private Vocational Schools and is a Yoga Registered School with The Yoga Register.