

Yoga Spirit Academy

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Yoga Spirit Academy
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More Fall Workshops at Inner Peace

From Martin Sheen, actor and activist

The journey to spirituality is the journey of your own humanity. The more human you are, the more godlike you are. And that is the genius of God.

“Embodying Your Meditation Practice” with Karen Ghan on Sunday, September 28 from 3:00 to 4:30, \$30

“Freedom from Fear: Yoga Therapy for Anxiety” with

Mary NurrieStearns on Saturday, October 4 from 1:30 to 5:30, \$60

“Chakra Cleanse and Balance” with Meghan Donnelly on Sunday, October 12 from

11:00 to 1:00, \$22

Pre-register at Inner Peace by phone or online. 7718 E 91st Street, Suite 160 Tulsa, OK 74133 918-809-4444
www.InnerPeaceYogaTulsa.com

Texas Yoga Retreat November 7-9

This is the big one! Three full days of many different styles of yoga, meditation, philosophy, pranayama, vegetarian food, and dozens of peacocks at the magnificent Barsana Dham ashram just south of Austin, TX.

The dates are November 7-9. Register by October 1 at the cost of \$395; after October 1 at the cost of \$445. Accommodations are extra. Visit <http://texasyoga.com> or call 214-223-8211 for more information.



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Sacroiliac Joint Pain

Have you ever had a nagging pain on the back of the hip, around the hip bone, on either side of your sacrum? You've probably experience sacroiliac joint pain. It's usually experienced as a dull ache, though sometimes it can be stronger, and even radiate into the lower back, the outer hip, or down the back of the buttocks. It only

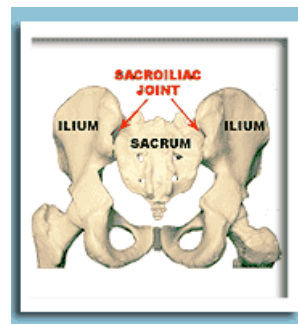


Image www.advpain.com

occurs on one side, so if you've got pain on both sides, there's something else going on with your hips, pelvis or low back.

The sacrum is wedged in between the two ilia bones that make up the back part of the pelvis. The sacrum and ilia fit together pretty snugly, creating the sacroiliac joint, or SI joint for short. Sometimes, however, the bones slide away

Sacroiliac Joint Pain (continued)

from each other. This can happen from vigorous exercise or a hard bump to the hip. It is fairly common in yoga students who do a lot of stretching of the hip joints.

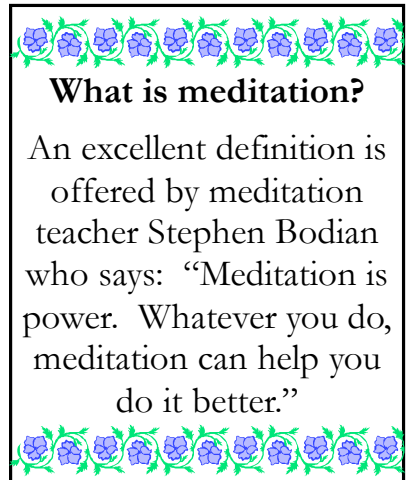
There are a couple of ways to reset the SI joint that work well for me, so it's a good place to start if you think this is what's bothering you. The first way is a Salabhasana (Locust Pose) variation. Place a yoga strap around your calves so that your legs are hip distance apart. Turn over onto your tummy and lift your legs off the floor as if you were doing a prone Locust. Pull your legs apart and hold for 5-10 breaths. Rest and repeat. This often resets the SI joint

immediately.

One day I was suffering from SI joint pain and went in to teach a Pilates mat class. After the Side Kick Series, the pain was completely gone! Lie down on one side with your body lined up with the back of the mat. Bend at the hips with straight legs to bring your feet to the front corner of the mat. Slightly externally rotate the hip of the top leg. Each movement should be slow for 5-7 repetitions. 1) Swing the top leg forward and back. 2) Lift the top leg straight up and down. 3) Make little circles with the top leg, moving in one direction and then the other. 4) Do a cycling motion with the top leg

in four counts: Bend the knee and bring the heel to the buttocks, move the bent knee forward, straighten the leg, return the straight leg to the starting position.

Next month I'll look at how to prevent SI joint pain as we practice specific yoga postures.



What is meditation?

An excellent definition is offered by meditation teacher Stephen Bodian who says: "Meditation is power. Whatever you do, meditation can help you do it better."

Hinduism's Gifts to the World by Victor M. Parachin

Hindus of India rightly pride themselves for their gifts to the world. They have given us yoga. They have given us meditation. In addition they are models of religious tolerance and acceptance. Historically, the people of India have welcomed, with open arms and hearts, other religious traditions with no thought of changing or converting them.

Their attitude is one of complete acceptance of other faiths understanding that all paths lead to the same One, Eternal, Absolute God. Hindus place their emphasis, not on correct belief, but on search for the Truth. This results in their remarkable and unusual tolerance, something not as readily found in the three major Western world religions—Islam, Judaism and Christianity.

One who has noted, with great appreciation, this Hindu generosity toward other religious traditions is Dr. Nathan Katz. He is professor and chair of Religious Studies at Florida International University and an authority on Jews in India. Here are his glowing comments about Hinduism:

"Jews have lived freely in India for perhaps two thousand years. Hindus pride themselves on tolerance, and India's unique position as the only nation in the world with no anti-Semitism reinforces this cherished self-perception. When Jews come to learn that some of us have lived freely, peacefully and creatively for so long in India, we are surprised and delighted, and we admire Hinduism as the only civilization immune to Jew-hatred. We learn that anti-Semitism is not uni-

versal, and that it is possible to preserve Jewish identity and religion in the absence of persecution. For this, we [the Jewish people] feel deep gratitude."

This kind of spiritual openness and tolerance should be visible in the life of every yoga teacher and student. Here are some inspiring words for all who teach and practice yoga. They come from Radhakrishnan, the philosopher President of India (1962-67) in his book, *The Hindu View of Life*. "What counts is not creed but conduct. By their fruits ye shall know them and not by their beliefs. Religion is not correct belief but righteous living. The Hindu view that every method of spiritual growth, every path to the Truth is worthy of reverence has much to commend itself."