Ayurveda Clinic

$15

Ayurveda is the science of living in harmony with Nature. $15 drop in for your Ayurvedic pulse reading, to hear a short talk about Ayurveda, and take home handouts

* **Friday 6:30-7:30 p.m.**

February 5 - Improve your digestion

March 4 - Better sleep through Ayurveda

April 1 - Boost your energy

Tulsa Yoga Meditation Center

5319 S. Sheridan Road

In The Farm Office Building, 51st and Sheridan

Janet Parachin, Yoga and Ayurveda Wellness Consultant
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