

YOGA FOR BEGINNERS



- learn the poses
- how to do them safely
- become comfortable joining group classes
- develop a strong home practice

Tulsa Yoga Meditation Center
Farm Shopping Center
(51st and Sheridan)

Five Saturday mornings from 10:30 am – noon - Sept. 9, 16, 23, 30 and Oct. 14. **\$20 drop in OR PrePay \$75 for all five classes.**

Taught by Victor M. Parachin, M. Div., a yoga teacher and author several books including: *365 Great Reasons To Do Yoga*; *Eastern Wisdom For Western Minds*.

REGISTER AND PREPAY \$75 FOR ALL FIVE CLASSES

MAIL REGISTRATION/PAYMENT TO: OR USE **PAYPAL**

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Name:

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