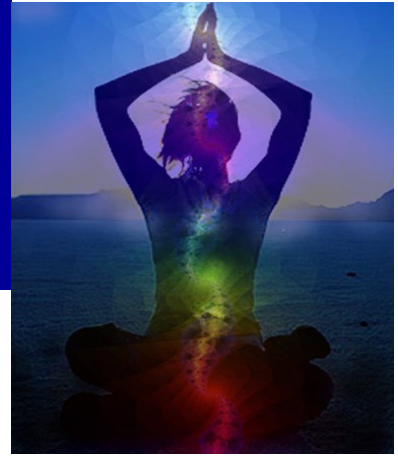


# M<sup>3</sup>

## Harnessing the Power of Mantra, Mudra and Meditation



Friday  
September 29  
6:00-8:00pm

\$45 in advance  
\$55 at the door

### HOW TO REGISTER

Two ways to register:  
Contact Janet by e-mail  
(jparachin@cox.net) or  
phone (918-261-9786) and  
pay online through PayPal  
OR

Fill in the registration form  
and send in a check.

Questions? Contact Janet  
Parachin at 918-261-9786 or  
jparachin@cox.net

TULSA YOGA  
MEDITATION  
CENTER  
5319 S SHERIDAN  
RD

IN THE FARM  
OFFICE BUILDING  
ACROSS THE  
PARKING LOT  
FROM PIER 1  
IMPORTS  
LOOK FOR OUR  
YOGA SIGN

### What is kundalini Shakti?

Kundalini Shakti is the most powerful internal energy a person can experience. The Yoga tradition teaches that kundalini sits as a snake at the base of the spine, coiled around itself 3 ½ times. The purpose of all yogic practices is to awaken this feminine energy—known as Shakti—so she can begin to ascend through the spinal column and each of the chakras to the crown of the head.

### A powerful healing energy

Working with kundalini Shakti can bring profound insights and powerful healing of body, mind, emotions and spirit. Practices like mantra (chanting), mudra (hand gestures) and meditation (focused mind) harness this energy.

### This workshop is for you if

- you are interested in the chakras
- you are in need of healing
- you want to share healing practices with others
- you want to recognize the signs of kundalini awakening

*\*This workshop is approved for credit for students in Yoga Spirit Academy's yoga teacher training program.*

Janet Parachin recently returned from her annual studies with Dr. Vasant Lad at The Ayurvedic Institute in Albuquerque and she's excited to share what she learned with you! She is a certified yoga teacher, yoga therapist and Yoga and Ayurveda Wellness Consultant, and has completed over 1500 hours of training. She currently directs the Yoga Spirit Academy yoga teacher training program and is a founding teacher at Tulsa Yoga Meditation Center. She teaches so that all may know freedom in body, mind, heart and spirit.



Registration form for M<sup>3</sup>: Mantra, Mudra, Meditation

Name \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
E-mail \_\_\_\_\_

Send this form and check or \$45 payable to  
Janet W Parachin  
11134 E 75th Place  
Tulsa, OK 74133-2518