

Two Yoga Therapy Workshops

Yoga Therapy for the Feet October 10

Yoga Therapy for the Knees November 14

with Dr. Janet Parachin
Tulsa Yoga Meditation Center

Yoga Therapy for the Feet

Saturday, October 10

4:00-6:00pm

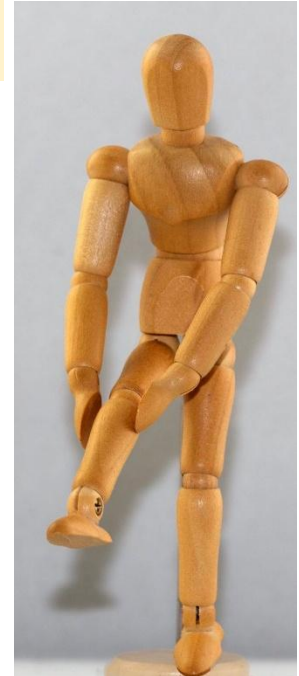
Did you know the health of your knees, hips, lower back and upper body are ALL related to the health of your feet? Learn yoga postures and specific foot practices that can prevent and even reverse common foot problems like bunions, collapsed arches and plantar fasciitis.

Yoga Therapy for the Knees

Saturday, November 14

4:00-6:00pm

As the middle point between feet and hips the knees are strongly affected by both. Discover the best form in yoga postures—and everyday life—to move better, reduce pain and keep the knees happy



Dress for lecture and movement; Continuing education certificate provided

Tulsa Yoga Meditation Center

is located at 5319 S Sheridan Road in The Farm, Regus office building, next to Modern Health. We have yoga mats and props. You are welcome to bring your own as well.

918-261-9786

jparachin@cox.net

www.TulsaYogaMeditationCenter.com



Dr. Janet W Parachin, PhD is a certified Yoga therapist, Ayurveda Wellness Consultant and Reiki Master Teacher. As the Director of Tulsa Yoga Meditation Center she teaches so that all may be free in body, mind, heart and spirit.

Payment Information:

\$50 per workshop no later than the day before the workshop

\$60 the day of the workshop

\$88 for both workshops no later than Friday, October 9

Cash, check to Janet Parachin, Venmo to Janet-Parachin, PayPal to jparachin@cox.net or Zelle to 918-261-9786