Holiday Meditation Retreat
Sunday, December 6
4:00-6:00pm

with Dr. Janet Parachin
Tulsa Yoga Meditation Center

Holiday Meditation Retreat

Sunday, December 6

4:00-6:00pm

This session will include chanting, breathing, sitting, walking and resting meditation. Although taught from the Buddhist and Vedic perspective, all traditions are honored.



This year's theme is Happiness. *Over the next few months we may find ourselves saying "happy holidays," but the reality is this time of year most people feel more stressed than happy. If we are hoping for the holidays to make us feel happy, we may be looking in the wrong direction. The wisdom of Buddhism and Vedic teaching is that happiness can only exist inside of us. Although the feeling may be influenced by things that happen outside of us, the source of happiness can never be the people, places, things and situations we experience during the holidays. May we discover the happiness that can be ours no matter what is going on in the world or in our own life.*

Dr. Janet W Parachin, PhD is certified in Yoga, Ayurveda and Reiki. Her daily spiritual practice began almost 50 years ago, and she has been practicing and studying Yoga, Buddhism and meditation for over 30 years. As the Director of Tulsa Yoga Meditation Center she teaches so all may be free in body, mind, heart and spirit.



Contact Janet at:

jparachin@cox.net

918-261-9786

Tulsa Yoga Meditation Center is located at 5319 S Sheridan Rd in The Farm office building next to Modern Health. We have yoga props, chairs and meditation cushions. If you like, bring your own mat, meditation cushion, journal and eye covering.

Payment Information:

$50 if paid by the day before the workshop

$60 the day of the workshop

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