Learn to Meditate
With
Dr. Janet Parachin, PhD



This series is appropriate for beginners and for anyone who would like support on their meditation journey. Each week we will practice meditation together and answer questions.

Beginning Saturday, February 6 join us for weekly Meditation Group from 10:45-11:45am every Saturday.

Four Saturday mornings in January

10:30-11:45am

Tulsa Yoga Meditation Center

5319 S. Sheridan Rd

Tulsa, OK 74145

In The Farm office building next to Modern Health

How to register

Cost: $120 cash, check payable to Janet Parachin, Venmo to Janet-Parachin, PayPal to jparachin@cox.net, Zelle to 918-261-9786

January 9 - The What and Why of Meditation

Uncover what meditation is and explore its many benefits for body, mind and spirit.

January 16 – A Comfortable Body for Meditation

Learn how to sit on the floor or in a chair with appropriate support and experience walking and lying down meditations.

January 23 – Different Styles for Different People

There are so many ways to meditate including chanting/mantra, listening to singing bowls, gazing at a candle and contemplating a big idea.

January 30 – Meditation as a Regular Practice

How to establish a daily practice, the benefit of group meditation, and what it's like to attend a meditation retreat.



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, world religions 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 and 918-261-9786