Restorative Yoga
by Candlelight

Sunday, December 13

5:00-6:30pm

$35 cash, check, PayPal (jparachin@cox.net) Venmo (Janet-Parachin), or Zelle (918-261-9786)

Tulsa Yoga Meditation Center, 5319 S. Sheridan Road in The Farm Shopping Center office building next to Modern Health

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



Join us for a very special restorative yoga class as we get closer to the shortest day of the year. We use yoga props to support the body to bring body and mind into deep relaxation. We will soon enter winter season, so today we emphasize supporting our immune and nervous systems for a healthy seasonal transition. No previous experience with yoga is needed and beginners are most welcome.

If you like, bring a yoga mat (we have extras), an eye covering (we have unscented eye bags for $15), socks and a special blanket



Janet Parachin first started practicing restorative yoga 20 years ago to relieve migraines and lower back pain. She soon began teaching restorative yoga and yoga nidra meditation to ease stress and bring more joy to daily living. She is a certified Yoga therapist, Relax and Renew ® Trainer, Ayurveda Wellness Consultant, and Reiki Master Teacher. She teaches so all may be free in body, mind, heart and spirit.