

RESTORATIVE YOGA + SOUND BATH

SUNDAY, NOVEMBER 1

3:00-4:30 PM

It's time to set the clocks ahead. Rather than feel tired all week, experience a **Restorative Reset**.

In **Restorative Yoga** the body is supported with props so you experience deep relaxation and release of tension.

Sound Meditation bypasses the mind and works on the cellular level to calm and to heal. Experience singing bowls and gong bath.

Beginners are especially welcome

Cost: \$35

We accept cash, check payable to Janet Parachin, Venmo to Janet-Parachin, PayPal to jparachin@cox.net
Zelle to 918-261-9786

Optional: Bring a yoga mat (we have extras), a personal eye covering, socks and special blanket



TULSA YOGA MEDITATION CENTER

5319 S SHERIDAN RD AT THE FARM SHOPPING CENTER IN REGUS OFFICE BUILDING NEXT TO MODERN HEALTH

WWW.TULSAYOGAMEDITATIONCENTER.COM

918-261-9786



Questions? Contact Janet at 918-261-9786 (text or call) or jparachin@cox.net

Meet the Instructor:

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.