

Allergy Relief Workshop

News you can use from Yoga & Ayurveda

Saturday, March 30 400-6:00 pm

Allergy Relief for YOU

Allergy season hits hard in Oklahoma, so it's good to be prepared. This workshop is for everyone who is tired of taking medication or for whom medications don't work anymore. We will cover symptom relief AND how to strengthen immunity so that your body can resist allergies more naturally.

Join us to learn:

- a daily routine to relieve common allergy symptoms
- self-massage to promote lymphatic drainage
- what and when to eat to boost immunity
- Yoga postures, meditations, breathing exercises, visualizations and relaxation to keep body, mind and spirit in balance

Enroll by March 27 and receive a FREE bottle of essential oil blend

Bring a yoga mat and dress for movement

Yoga teachers will receive a certificate for 2 hours of continuing education



\$50 by March 27
or
\$55 after March 27

Cash or check payable
to Janet Parachin
PayPal to
jparachin@cox.net
Venmo to
Janet-Parachin

Janet Parachin is a certified Yoga therapist and Ayurveda Wellness Consultant AND she also struggles with seasonal allergies. Yoga and Ayurveda have given her the tools to manage her symptoms drug-free and she is eager to share these ancient teachings with you.

Janet is the Director of Yoga Spirit

Academy yoga teacher training, a founding teacher of Tulsa Yoga Meditation Center, and her yoga courses can be found at www.yogaspiritonline.com



Location:

Tulsa Yoga Meditation Center
5319 S Sheridan Rd
In The Farm Office Building at the south end of The Farm Shopping Center. Look for our name on the window

www.tulsayogameditationcenter.com



Do you have questions?
Contact Janet at 918-261-9786
jparachin@cox.net