

MEDITATION FOR BEGINNERS



Four Sundays in May, 9 - 10 am

May 2, 9, 16, 23

Tulsa Yoga Meditation Center

(Farm Shopping Center

51st and Sheridan)

for beginners and those who

wish to deepen their practice.

Led by Victor M. Parachin, M. Div., Vedic educator, Buddhist Meditation teacher and author of a dozen books including *Sit A Bit: 5 Minute Meditations For Greater Health Harmony and Happiness*; and *Think Like The Buddha: 108 Days of Mindfulness*.

REGISTRATION - \$100

MAIL REGISTRATION/PAYMENT TO (OR) use PayPal

Victor M. Parachin

11134 E. 75th Place

Tulsa, OK 74133

email: vmnamaste@gmail.com

Name:

Email: