

INTRODUCTION TO BUDDHIST MEDITATION



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Experience and Explore Buddhist Meditation

Four Sundays 9 – 10 AM

September 8, 15, 22, 29

Tulsa Yoga Meditation Center

51st and Sheridan in the

Farm Shopping Center

(beside Pier #One)

Led by Victor M. Parachin, Vedic educator, Buddhist meditation teacher and author of a dozen books including *Sit A Bit: Five Minute Meditations For Greater Health, Harmony and Happiness*.

REGISTRATION - \$100.00

MAIL REGISTRATION/PAYMENT (or use PayPal)

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