

Chakra Balancing Series

Autumn 2021



Friday evenings

6:30-8:00pm

\$35 per class

· Receive a crystal for the chakra and handout of the practices so you can continue your exploration of the chakra at home

\$240 for 8 classes

· Receive all 8 crystals, 8 handouts plus a bonus 9th crystal to enhance your chakra balancing practice - a \$40 savings

8 Classes on the Chakras

The chakras (*Sanskrit for "wheel"*) are dynamic energy centers in the body. They are connected to specific places in the body, emotional attachment and attitudes of the mind. Each session will explore the chakra deeply and include crystals and color therapy, essential oils and aromatherapy, marma and touch therapy, music and sound therapy, yoga poses, breathing and meditation.

September 24 Root chakra: *security, trust and grounding*

October 1 Pelvic chakra: *creativity, pleasure and flow*

October 8 Solar plexus chakra: *power, strength and will*

October 15 Heart chakra: *compassion, vocation and love*

October 29 Throat chakra: *expression, listening and finding your voice*

November 5 Third eye chakra: *intuition and spiritual insight*

November 12 Crown chakra: *connecting to something greater than yourself*

November 19 Full Moon chakra balancing: *letting go of what no longer serves*

How to register:

Contact Janet by e-mail (jparachin@cox.net) or phone (918-261-9786) and pay online through PayPal or Venmo
OR

Fill in the registration form and send in a check.

Bring a yoga mat and eye covering, and dress for movement.



Janet Parachin is a certified Yoga teacher and Yoga therapist and has completed over 1800 hours of training in yoga anatomy, restorative and therapeutic yoga, Reiki and Ayurveda. She is a certified Yoga and Ayurveda Wellness Consultant. As Director of Yoga Spirit Academy yoga teacher training program and a founding teacher at Tulsa Yoga Meditation Center, she teaches so that all may know freedom in body, mind, heart and spirit.

TULSA YOGA MEDITATION CENTER
5319 S. SHERIDAN RD
IN THE FARM OFFICE BUILDING, 51ST AND SHERIDAN RD
WWW.TULSAYOGAMEDITATIONCENTER.COM

Registration form for Chakra Balancing Series

Name _____ Phone _____

Address _____ City _____ Zip _____

E-mail _____

Send this form and check payable to Janet Parachin
11134 E 75th Place
Tulsa, OK 74133-2518

All 8 classes \$240 OR
\$35 per class
Sept 24 Oct 29
Oct 1 Nov 5
Oct 8 Nov 12
Oct 15 Nov 19
Total Due _____