

Chakra Healing infused with Reiki

Friday, October 25

6:30-8:00pm — Cost \$35

Tulsa Yoga Meditation Center

- Balance the seven main chakras with mantra, movement and meditation
- Chant the mantras for the chakras accompanied by the harmonium
- Practice gentle yoga stretching to relieve tension and activate chakra energy
- Participate in a powerful Reiki meditation while resting in a supported yoga pose

No experience with yoga is necessary. Bring a yoga mat and eye covering if you have them. We have mats, blankets and bolsters for you to use.



LOCATED IN THE FARM SHOPPING
CENTER (51ST AND SHERIDAN)

Tulsa Yoga Meditation Center
5319 S. Sheridan Road
918-261-9786
www.TulsaYogaMeditationCenter.com

JANET PARACHIN is a certified yoga therapist, Ayurveda wellness consultant and Reiki Master Teacher. She has been studying and teaching about the chakras for 20 years.

"I really enjoyed Friday night's class! It was a really nice mix of education, movement and relaxation." -Celia, massage therapist and yoga enthusiast



HOW TO PAY: \$35 cash, check, PayPal
(jparachin@cox.net) or Venmo (Janet-Parachin)