

Friday, February 16

Chakra Healing with Reiki

6:30-8:00pm — Cost \$35

Tulsa Yoga Meditation Center

- Learn about the seven main chakras and how they contribute to dis-ease in the body and mind

- Practice gentle yoga stretching to relieve tension at the end of the week

- Participate in a powerful healing meditation infused with Reiki energy

- Rest in a supported yoga pose to experience deep relaxation and integration



No experience with yoga is necessary to benefit from the class. 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.



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