

Meditation for the Five Senses

Saturday, September 7 4:00-6:00pm

Saturday, September 7
4:00-6:00 pm
\$45 by September 5
\$55 after September 5

Space is limited!

Two ways to register:
Contact Janet by e-mail or
phone and pay online
through PayPal

OR

Fill in the registration form
and send in a check

Questions? Contact Janet
Parachin at 918-261-9786
or jparachin@cox.net

**TULSA YOGA
MEDITATION CENTER
5319 S SHERIDAN RD
SOUTH OF PIER 1
IMPORTS OFF OF
SHERIDAN ROAD
LOOK FOR OUR SIGN IN
THE WINDOW OF THE
FARM OFFICE
BUILDING**



The five senses are the only way we human beings can experience the world—there is no other way. As babies we taste everything! We listen, watch, smell and touch our way through life. And yet, when we are taught to meditate, we are instructed to sit quietly with no distractions.

What's up with that?

How interesting meditation will be when we learn to incorporate all of our senses—not in a haphazard way—but with attention and intention. For example: Using our eyes to candle-gaze / Chanting the meaningful words of a mantra / Creating mudra gestures with our fingers / Massaging our skin with scented oils / Mindfully tasting our food

In this workshop you will

- Discover how the five senses correlate with the five elements of Nature and the first five chakras of the human body
- Participate in user friendly meditations you can recreate at home
- Uncover a new dimension of meditation that will decrease stress and increase mental focus in your daily life

*This workshop is approved for credit for students enrolled in
Yoga Spirit Academy teacher training.*

Janet Parachin is a certified Yoga teacher and Yoga therapist and has completed over 1600 hours of training in yoga anatomy, restorative and therapeutic yoga, and Ayurveda. She is a Relax and Renew® trainer and 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.



Registration form **Meditation for the Five Senses**

Name _____ Phone _____
Address _____ City _____ Zip _____
E-mail _____

Send this form and check for \$45 payable to
Janet Parachin
11134 E 75th Place
Tulsa, OK 74133-2518