

# Full Moon Retreat

## Saturday, October 31



For all seekers and students of Yoga (union)

Saturday, October 31  
11:00am-3:00pm  
\$50 (lunch extra)

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.

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

**TULSA YOGA  
MEDITATION CENTER  
LOCATED IN THE  
FARM OFFICE  
BUILDING 51ST AND  
SHERIDAN ROAD JUST  
OFF SHERIDAN  
5319 S. SHERIDAN RD  
918-261-9786**

### October 31, 2020

Three special events come together this day

- ▶ Halloween, a remembrance of loved ones who have departed;
- ▶ Samhain, the Gaelic holiday that honors the harvest and the spirits, a time when the boundary between this world and the spirit world is thin; and
- ▶ a Full Moon, the culmination or completion of this cycle.

The energies of these events converge to create the right conditions for our retreat with the theme “**Letting Go of the Past.**” The schedule includes an all-levels yoga class, lunch (bring your own or walk to Great Harvest), journaling on questions to free your soul, guided meditation to symbolically release what is not serving you, and closing fire ceremony with support from crystals and essential oils.

Space is limited due to physical distancing so please reserve your space in advance.

Bring your yoga mat (we have extra at the studio) and an eye covering for restorative poses. You can use our props or bring your own.



**Janet Parachin** Is a certified Yoga teacher and Yoga therapist and has completed over 1700 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.

Registration form for Full Moon Retreat on October 31

Name \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
E-mail \_\_\_\_\_

Send this form and check for \$50 to  
Janet Parachin  
11134 E 75th Place  
Tulsa, OK 74133-2518