

# HOW TO BE A HAPPIER PERSON LESSONS FROM THE BHAGAVAD GITA



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**A meditation retreat on  
Friday, November 1st, 6-8 pm  
TULSA YOGA MEDITATION CENTER  
(Farm Shopping Center – 51 st & Sheridan)  
India's ancient text offers pathways  
for being happy, joyful, peaceful  
even when life is complicated.**

Led by Victor M. Parachin, M. Div., meditation teacher and author of *Eastern Wisdom For Western Minds* and *Sit A Bit: Five Minute Meditations For Greater Health*.

**REGISTRATION** - \$45 prepaid registration by Wednesday October 30th  
- \$55 after October 30th

**MAIL REGISTRATION/PAYMENT TO OR USE PAY PAL**

**Victor M. Parachin** email: [vmnamaste@gmail.com](mailto:vmnamaste@gmail.com)  
**11134 E. 75th Place S**  
**Tulsa, OK 74133**

**NAME**

**EMAIL**