

HOLIDAY HAPPY HOUR MEDITATION RETREAT

HOW TO HAVE INNER PEACE ON EARTH



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***“Happy Hour” refers to the fact that all
Buddhist teachings are offered
to make people happy and happier
Sunday December 3th, 5-7pm***

**TULSA YOGA MEDITATION CENTER
(Farm Shopping Center – 51 st & Sheridan)
Silent and guided meditation, chanting
and a Buddhist a teaching to increase joy
and deepen happiness**

Led by Victor M. Parachin, M. Div., meditation teacher, Vedic educator and author of *Eastern Wisdom For Western Minds* and *Buddhist Wisdom For Beginners: An A – Z Guide*.

REGISTRATION \$50 cash, check OR USE PAY PAL

Register via email: vmnamaste@gmail.com