

HOLIDAY MEDITATION RETREAT

A DECEMBER OPPORTUNITY TO EXPERIENCE INNER PEACE ON EARTH



(photo Shana Butler)

Friday, December 07, 6-8 pm
TULSA YOGA MEDITATION CENTER
(Farm Shopping Center – 51 st & Sheridan)
*Embrace holiday bliss and
reduce holiday stress*

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 pre-register by December 05th
 - \$55 after December 05th

MAIL REGISTRATION/PAYMENT TO OR USE PAY PAL

Victor M. Parachin
11134 E. 75th Place S
Tulsa, OK 74133

NAME

EMAIL