



# HOLIDAY MEDITATION RETREAT

## INNER PEACE ON EARTH



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**Sunday, December 08, 5 – 7 pm**  
**Tulsa Yoga Meditation Center**  
**Farm Shopping Center – 51<sup>st</sup> & Sheridan**

Retreat will include meditation, chanting, and a Buddhist teaching on how to have inner peace on earth. Led by Victor M. Parachin, M. Div., Vedic educator, Buddhist Meditation teacher and author of a dozen books including *Think Like The Buddha: 108 Days Of Mindfulness* and *Buddhist Wisdom For Beginners: An A – Z Guide*.

**REGISTRATION** - \$50 by December 4th or \$60 at the door.

Payment options: Cash; Check (payable to Victor Parachin)

Apps: Pay Pal – [vmnamaste@gmail.com](mailto:vmnamaste@gmail.com) Venmo: @Victor-Parachin-1

Questions or contact – [vmnamaste@gmail.com](mailto:vmnamaste@gmail.com)