

INNER PEACE ON EARTH A DECEMBER HOLIDAY MEDITATION RETREAT



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Friday, December 10, 6 – 8 pm
Tulsa Yoga Meditation Center
Farm Shopping Center – 51st & Sheridan

- Reduce holiday stress and heighten holiday happiness
- Silent meditation, guided meditation, chanting
- Theme: *How To Have Inner Peace On Earth . . . The Buddhist Way*

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*.

REGISTRATION - \$50

Register via email: vmpnamaste@gmail.com

Send payment via **PayPal**