



Yoga for Harmony & Peace

### Details

2 Workshops and Chakra Class are priced individually or all three for \$100.

*Payment options:*

- Cash
- Check payable to Janet Parachin  
11134 E 75th Pl  
Tulsa, OK 74133
- PayPal sent to jparachin@cox.net

Classes will be held online using Zoom. Connect using your computer, tablet or phone. Janet will send you the link in advance of the workshops and class.

**Contact information**  
jparachin@cox.net  
or 918-261-9786



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# INTERNATIONAL DAY OF YOGA

## “MODERN YOGA, ANCIENT PRACTICES”

### JUNE 19 AND 20, 2020

## TULSA YOGA MEDITATION CENTER

### AN ONLINE EVENT

#### Workshop 1

**The Roots of Modern Yoga: Swami Vivekananda with Victor Parachin**

Friday, June 19 Cost: \$45  
6:00-8:00pm

Swami Vivekananda introduced Yoga to Americans when he spoke at the Parliament of the World's Religions in Chicago in 1893. His inspiring opening words “Sisters and Brothers of America” brought applause and a standing ovation. One hour lecture and one hour yoga class.

#### Workshop 2

**The Whole Practice: Postures, Breathing and Meditation with Janet Parachin**

Saturday, June 20 Cost \$45  
11:00am-1:00pm

Classic yoga texts describe the three stools which support the seat of Yoga—postures to settle the body, breathing to energize the life force, and meditation to transform the mind. One hour lecture and one hour yoga class.

*Both workshops are approved for credit in Yoga Spirit Academy's  
200-hour teacher training program*

#### Chakra Class

**Chakra Health and Harmony with Victor Parachin and Janet Parachin**

Saturday, June 20 Cost \$30  
3:00-5:00pm

Begin with chakra balancing, sitting meditation with chanting and mantra. Followed by gentle restorative postures and guided meditation known as “yoga nidra.” Gather several blankets and pillows to create a comfy yoga nest and settle in for relaxation and restoration.

#### Meet the Instructors

**Dr. Janet Parachin** is a certified yoga therapist and Yoga and Ayurveda Wellness Consultant. She studies each year with Dr. Vasant Lad at The Ayurvedic Institute in Albuquerque, NM.

**Victor Parachin** is a Vedic educator, Buddhist meditation teacher and certified yoga teacher. He is the author of numerous books on eastern and western spirituality. Together they are the owners and instructors of Tulsa Yoga Meditation Center and Yoga Spirit Academy yoga teacher training.

**www.TulsaYogaMeditationCenter.com**



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