

# Strengthen Immunity with Yoga and Ayurveda

Saturday, January 30 ONLINE 4:00-6:00pm CST

## Strengthen your immune system naturally

The ancient arts of Yoga and Ayurveda have been providing healthy support to people for at least 5000 years (some speculate that it may be closer to 10,000 years!). They have stood the test of time for a reason—**they work.**

In this workshop you will learn:

- How to support your immunity naturally by caring for your lymphatic system (known as *rasa vaha srotas*). This is vital because it may be quite some time before many of us have access to a vaccine
- Specific practices from Yoga to strengthen immunity, including postures, breathing and meditation
- Specific practices from Ayurveda to strengthen immunity, including food choices and daily routine
- Learn how mood and food affect immune function
- Discover the Ayurvedic secret to a long, healthy life (Hint: increase *prana*, *tejas* and *ojas*)
- Other fun stuff: recipes, aromatherapy and restorative yoga too

You *lower* your risk of getting sick from *any* cause when you treat your body with great respect and care. Are you ready to get started?

*This workshop is approved for credit for students in Yoga Spirit Academy's teacher training program.*



**Janet Parachin** Is a certified Yoga teacher and Yoga therapist and has completed over 1700 hours of training in yoga anatomy, restorative and therapeutic yoga, Reiki and Ayurveda. She is a certified Reiki Master Teacher. As Director of Yoga Spirit Academy yoga teacher training program and a founding teacher at Tulsa Yoga Meditation Center, she teaches so that all may know freedom in body, mind, heart and spirit.



Cost:  
\$45  
Cash  
Check  
PayPal  
Venmo

See registration information below

Please register in advance by calling Janet at 918-261-9786 or [jparachin@cox.net](mailto:jparachin@cox.net)

Mail check for \$45 to  
Janet Parachin  
11134 E 75th Pl  
Tulsa, OK 74133

Send PayPal to [jparachin@cox.net](mailto:jparachin@cox.net)

Send Venmo to Janet-Parachin

Please provide your email address to receive the Zoom link