



Yoga for Harmony & Peace

Details

\$45 per workshop or
\$110 for all three if
paid by June 19

Space is limited. Register in advance.

We accept cash or
checks or credit card
on PayPal

Tulsa Yoga Meditation Center, 5319 S. Sheridan Road in The Farm Office Building, just south of Pier 1 Imports. Our name is on the window

For more information contact
Janet Parachin at
jparachin@cox.net
or 918-261-9786



सत्यमेव जयते



Indian Council for Cultural Relations
भारतीय सांस्कृतिक सम्बन्ध परिषद्

INTERNATIONAL DAY OF YOGA CHAKRA BALANCING RETREAT JUNE 21 AND 22 TULSA YOGA MEDITATION CENTER

Retreat Schedule

Chakra Balancing through Meditation and Mantra *with Janet Parachin*

Friday, June 21

6:00-8:00pm

The seven main chakras exist in the body parallel to the spinal column. Although we can't "see" them with our eyes, we can "feel" them in our body, mind and spirit. In this workshop you will discover how blocked chakra energy may be contributing to unwanted physical symptoms, difficult thoughts and painful emotions. Practice moving this energy through sound, color, crystals, visualization and deep listening.

Chakra Balancing through Postures and Pranayama *with Janet Parachin*

Saturday, June 22

10:30am-12:30pm

The chakras are conduits for receiving and moving energy—known as Prana—through the body's muscles, joints, organs and nervous system. In this workshop practice yoga postures and breathing practices that work with this energy to ease tension in the body, shift negative mental patterns, and flood the system with positive emotions. Dress for movement and bring a yoga mat if you have one.

Lunch at India Palace, 6963 S Lewis Ave, Tulsa (optional)

Saturday, June 22, 1:00-2:30pm

Yin Yoga for the Chakras *with Victor Parachin*

Saturday, June 22

3:00-5:00pm

Yin yoga is a meditative, slower paced practice with poses held for a longer period of time. This class will utilize yin postures specific to each of the seven chakras combined with an affirmation to strengthen the chakra. Dress for movement and bring a yoga mat if you have one.

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

Meet the Instructors

Dr. Janet Parachin is a certified yoga therapist and Yoga and Ayurveda Wellness Consultant. Her teachings on the chakras this year are based on her recent studies 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



Logos provided by the Indian Consulate, Houston