

Reiki Chakra Healing With Janet Parachin



Friday, January 21

7:00-8:15pm

Tulsa Yoga Meditation Center

5319 S. Sheridan Rd, Tulsa

918-261-9786



Experience deep healing with the Japanese relaxation technique known as Reiki. Two powerful meditations will be offered: Reiki healing of the seven chakras and a guided Reiki meditation.

What to bring:

- ✓ Yoga mat or blanket (we have extras)
- ✓ Eye covering (we have them for sale \$15)
- ✓ Socks

Janet is a certified yoga therapist, certified Yoga and Ayurveda Wellness Consultant, Reiki Master Teacher, and an enthusiastic practitioner and facilitator of yoga, meditation, restorative yoga and yoga nidra.



\$20 drop-in or 4 class pass for \$50

Mail a check to
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For more information and Zoom link: 918-261-9786 or jparachin@cox.net