

# LEARN TO MEDITATE



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**Four classes**  
**Mondays 5:30 – 6:30 pm**  
**Sept 27, Oct 3, 10, 17.**  
**Tulsa Yoga Meditation Center**  
**Farm Shopping Center – 51<sup>st</sup> & Sheridan**

Explore zen meditation, breath meditation, mantra meditation, insight meditation, chanting meditation and experience the power of meditation to reduce stress, lower anxiety, decrease pain, increase joy, improve health and establish inner peace.

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** - \$200 (includes copy of Victor's book – *Sit A Bit: Five Minute Meditations For Greater Health, Harmony and Happiness*).

Register via email: [vmpnamaste@gmail.com](mailto:vmpnamaste@gmail.com)

Send payment via **PayPal**