Holiday Meditation Retreat
Sunday, December 7

New Year Meditation Retreat
Sunday, January 4

with Dr. Janet Parachin
Tulsa Yoga Meditation Center

Holiday Meditation Retreat

Sunday, December 7

4:00-6:00pm

Our "Inner Peace on Earth" retreat will increase your ability to be at peace in a chaotic world. Participate in practices that bring more stability and balance to heart and mind: chanting, sitting, walking meditations, and deep relaxation. This session includes a powerful guided meditation to expand peace for yourself, the community and the world.

New Year

Meditation Retreat

Sunday, January 4

4:00-6:00pm

"Starting with Self-Compassion" is a profound way to begin a new year. Discover the meaning of self-compassion and participate in a deeply personal meditation to extend compassion to yourself. Give yourself the gift of chanting, sitting, walking meditations, and deep relaxation.

Dr. Janet W Parachin, PhD is certified in Yoga, Ayurveda and Reiki. Her daily spiritual practice began almost 50 years ago, and she has been practicing and studying Yoga, Buddhism and meditation for over 30 years. As the Director of Tulsa Yoga Meditation Center she teaches so that all may be free in body, mind, heart and spirit.

Contact information:

jparachin@cox.net

918-261-9786

Tulsa Yoga Meditation Center is located at 5319 S Sheridan Rd in The Farm, across the parking lot from Urgent Vet. We have yoga props, chairs and meditation cushions. If you like, bring your own mat, meditation cushion, journal and eye covering.

Payment Information:

$50 per workshop if paid by the day before the workshop

$88 for both workshops if paid by Saturday, December 6

$60 the day of the workshop

Cash, check to Janet Parachin, PayPal to jparachin@cox.net or Venmo to Janet-Parachin