

**PEACE OF MIND
MEDITATION RETREAT
FRIDAY, OCTOBER 22, 6 – 8 PM**



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**TULSA YOGA MEDITATION CENTER
(51st & Sheridan – Farm Shopping Center)**

**A two hour meditation retreat
to experience
and sustain
peace of mind
during
a global pandemic.**

Retreat led by Victor M. Parachin, M. Div., director of the Tulsa Yoga Meditation Center and author of several books including *Think Like The Buddha: 108 Days of Mindfulness* and *Eastern Wisdom For Western Minds*.

REGISTRATION - \$50

Register via email: vmnamaste@gmail.com

Send payment via **PayPal**