

Yoga for Pregnancy

Saturday, March 2

For yoga students and
yoga teachers

Saturday, March 2
4:00-6:00pm
\$45 in advance
\$55 at the door

How to register:
Contact Janet by e-mail
(jparachin@cox.net) or
phone (918-261-9786) and
pay online through PayPal
OR
Fill in the registration form
and send in a check.

Questions? Contact Janet
Parachin at 918-261-9786 or
jparachin@cox.net

**TULSA YOGA MEDITATION
CENTER**
5319 S. SHERIDAN RD
IN THE FARM OFFICE
BUILDING, 51ST AND
SHERIDAN RD
WWW.TULSAYOGAMEDITATION
CENTER.COM

Have you ever wondered what type of yoga is safe and appropriate for women during pregnancy? This is an important question because Yoga is excellent during pregnancy and women should be encouraged to continue their yoga practice during this time.

This workshop is for anyone interested in Yoga, but especially women who are pregnant or who will become pregnant and yoga teachers who will have pregnant women in their classes.

In this workshop you will learn:

- Yoga practices of postures, breathing and meditation appropriate for each trimester of pregnancy
- Safe practices for a pregnant woman who attends a yoga class
- When it is more appropriate for a pregnant woman to attend a prenatal yoga class rather than their regular yoga class

The workshop will include lecture and yoga practice so please bring your yoga mat and dress for movement.

This workshop is approved for credit in YSA's yoga teacher training program.



Janet Parachin Is a certified yoga therapist who has been studying Yoga for over 20 years. She is a Yoga and Ayurveda Wellness Consultant with over 1600 hours of training in yoga anatomy, restorative and therapeutic yoga, and Ayurveda. She is the Director of Yoga Spirit Academy yoga teacher training program and a founding teacher at Tulsa Yoga Meditation Center. She teaches so that all may find freedom in body, mind, heart and spirit.

Registration form for Yoga for Pregnancy on March 2, 2019

Name _____ Phone _____
Address _____ City _____ Zip _____
E-mail _____

Send this form and \$45 check payable to
Janet Parachin
11134 E 75th Place
Tulsa, OK 74133-2518