



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

Reiki Chakra Healing with Janet Parachin

Friday evening
7:00-8:15pm

April 15

May 13

June 10



Tulsa Yoga Meditation Center
5319 S Sheridan Road



For more information
or to register contact
Janet at
918-261-9786
jparachin@cox.net

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

Cost:
\$20 drop-in
OR
Purchase a class pass of
4 classes for \$50

What to bring:
√ Yoga mat and blanket
√ Eye covering
√ Socks
√ Notebook or journal for