

Restorative Yoga and Yoga Nidra Meditation

In **Restorative Yoga** the body is supported with props so that you experience deep relaxation. The result is improved sleep and immune function.

Yoga Nidra is a type of guided meditation where the body relaxes completely while the brain moves into the delta waves of deep sleep.

At Tulsa Yoga Meditation Center

Sunday, April 9
2:00-3:30pm \$20

Friday, May 12
6:30-8:00pm \$20

Restorative Yoga Retreat
Sunday, June 4
2:00-5:00pm \$40

All three classes for \$80



TULSA YOGA MEDITATION CENTER is located in The Farm Office Building, 5319 S. Sheridan Road. Look for our YOGA sign at the south end of The Farm property, across from Pier 1 Imports.



Meet the Instructor: Janet Parachin began spiritual practices at the age of 16. She has been studying Yoga for over 20 years. She is certified to teach Yoga and Pilates, and has completed over 1400 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.

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

Restorative Yoga and Yoga Nidra Meditation

Name _____ Phone _____

Address _____ City _____ Zip _____

E-mail _____

Send this form and check payable to:

Janet W Parachin
11134 E 75th Place S
Tulsa, OK 74133-2518

I will attend:

April 9 ___ \$20
May 12 ___ \$20
June 4 ___ \$40
All three ___ \$80

Total enclosed ___