

TIME FOR YOU TO RELAX AND RENEW

RESTORATIVE YOGA YOGA NIDRA SUNDAY AFTERNOON



In **Restorative Yoga** the body is supported with props so that you experience deep relaxation.

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

Each class includes restorative postures, yoga nidra meditation, and chakra balancing

Restorative Yoga and Yoga Nidra meditation

2:00-3:30pm

January 19, February 16, March 22

\$25 per class

\$60 for all three

Space is limited. Contact Janet Parachin at 918-261-9786 or jparachin@cox.net or use the registration form

**Tulsa Yoga Meditation Center
5319 S Sheridan Rd**

***In The Farm Shopping Center,
51st and Sheridan. Enter from
Sheridan Road into the Pier 1
parking lot. The office building
is to the south.***

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.



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

Send this form and check payable to:

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

I will attend:

____ January 19 \$25
____ February 16 \$25
____ March 22 \$25
____ All three \$60
Total enclosed _____