

# Restorative Yoga and Yoga Nidra Meditation ONLINE

SUNDAY AFTERNOONS  
2:00-3:15PM CST

**January 17**

**February 21**

**March 28**

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.

*Gather blankets, pillows, couch cushions and an eye covering to practice from home*

\$20 drop-in or 4 class pass for \$50

Mail a check to  
Janet Parachin  
11134 E 75th PI  
Tulsa, OK 74133

PayPal send to [jparachin@cox.net](mailto:jparachin@cox.net)

Venmo send to Janet-Parachin



**Janet Parachin** is a certified Yoga teacher and Yoga therapist and has completed over 1700 hours of training in yoga anatomy, restorative and therapeutic yoga, Ayurveda and Reiki. She is a Relax and Renew® trainer and certified Yoga and Ayurveda Wellness Consultant. As Director of Yoga Spirit Academy yoga teacher training program and a founding teacher at Tulsa Yoga Meditation Center, she teaches so that all may know freedom in body, mind, heart and spirit.

*For more information or to register contact Janet at  
918-261-9786 or  
[jparachin@cox.net](mailto:jparachin@cox.net)*