

Restorative Yoga and Yoga Nidra Meditation ONLINE

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

SUNDAY AFTERNOONS
2:00-3:15PM CST

March 14

April 18

May 16

June 20

\$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

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*