

# Restorative Yoga Yoga Nidra

## About the Instructor

### Janet Parachin

First started practicing restorative yoga 20 years ago to relieve migraines and lower back pain. She soon began teaching restorative yoga and yoga nidra meditation to ease stress and bring more joy to daily living. She is now a certified Yoga therapist, Relax and Renew® Trainer, Ayurveda Wellness Consultant, and Reiki Master Teacher. She teaches so all may be free in body, mind, heart and spirit.



Contact information:  
918-261-9786  
[jparachin@cox.net](mailto:jparachin@cox.net)

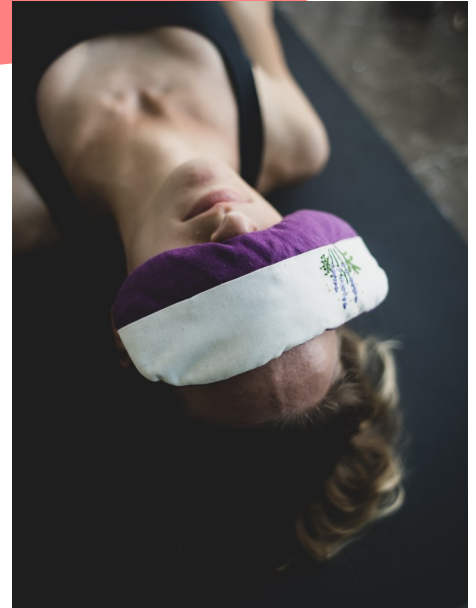
**Sunday**  
**October 20**  
**2:00-3:30pm**  
**\$35**

*Payment options:*

- ✓ Cash
- ✓ Check payable to Janet Parachin
- ✓ PayPal to [jparachin@cox.net](mailto:jparachin@cox.net)
- ✓ Venmo to Janet-Parachin

### What to bring:

Yoga mat (we have extras)  
Favorite blanket (we have lots to share)  
Socks  
Eye covering (we have cotton eyebags for sale \$15))



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

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

**No experience is needed and beginners are especially welcome.**

**Tulsa Yoga Meditation Center** is located at 5319 S Sheridan Rd (51st and Sheridan) in The Farm Shopping Center. Across the parking lot from the old Pier 1, you'll see our sign in the window of the Office Building  
[www.TulsaYogaMeditationCenter.com](http://www.TulsaYogaMeditationCenter.com)