



# Full Moon Restorative Yoga and Yoga Nidra

**Sunday, July 21  
2:00-3:30pm**

\$35 cash, check, PayPal  
(jparachin@cox.net) or  
Venmo (Janet-Parachin)

Tulsa Yoga Meditation  
Center, 5319 S. Sheridan  
Road in The Farm Shop-  
ping Center, 51st St and  
Sheridan Rd

Contact Janet at  
918-261-9786 or  
jparachin@cox.net

The Full Moon is often called a “cosmic spotlight,” a pause once a month to shine a light on your life to illuminate what is working and what is not. Because the Moon reflects our inner, personal life, this is a wonderful time to stop, reflect and set intentions.

In this class we will  
STOP by participating in restorative practices of prop-supported yoga, breathing and yoga nidra

REFLECT by discussing the themes of the Full Moon according to its astrological placement and by asking the questions of what is working and not working in our life right now through meditation

SET INTENTIONS for the coming weeks knowing that they are positively supported by the energies of the Full Moon

If you would like to understand how the Full Moon speaks specifically to you, please bring your astrological chart to class. You can print a free chart at <https://www.astro.com/horoscope> You'll need to know your date, place and time of birth.

*Bring your yoga mat (we have extras) and an eye covering (we have eye bags for sale for \$15). Optional: bring socks and a special blanket*



Janet Parachin has been practicing and studying restorative yoga and yoga nidra for over 20 years. As a certified yoga therapist she has completed over 2000 hours of training in yoga anatomy, restorative and therapeutic yoga, Reiki and Ayurveda. In the past few years she discovered joy in learning about astrology, especially the meaning of the monthly new and full moons. *“May the practice of rest and relaxation and the study of the cycles of the moon bring new insight to your life too.”*