

# Restorative Yoga and Yoga Nidra Meditation

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.

Sunday, August 18  
2:00-3:30pm \$25

Restorative Yoga Retreat  
Sunday, September 22  
2:00-5:00pm \$45

Sunday, November 3  
2:00-3:30pm \$25

Sunday, December 1  
2:00-3:30pm \$25

*All four classes for \$100*



**TULSA YOGA MEDITATION CENTER** is located in The Farm Office Building, 5319 S. Sheridan Road. Look for our sign in the window across the parking lot from Pier 1 Imports.



**Janet Parachin** is a certified Yoga teacher and Yoga therapist and has completed over 1600 hours of training in yoga anatomy, restorative and therapeutic yoga, and Ayurveda. 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 Parachin at 918-261-9786 or [jparachin@cox.net](mailto:jparachin@cox.net)

## *Restorative Yoga and Yoga Nidra Meditation*

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_

*Send this form and check payable to:*

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

*I will attend:*

|              |     |       |
|--------------|-----|-------|
| August 18    | ___ | \$25  |
| September 22 | ___ | \$45  |
| November 3   | ___ | \$25  |
| December 1   | ___ | \$25  |
| All four     | ___ | \$100 |

Total enclosed \_\_\_\_\_