

Restorative Yoga Series

September 8-December 8



8 Classes of Restorative Yoga

Friday evenings 6:30-8:00pm

Yoga's restorative practices counteract the stresses of everyday life, it's just that simple. In these classes you'll experience deep relaxation and stress relief. You will also learn:

- a variety of restorative practices (poses, breathing and meditation) to support overall good health
- how to set up classic restorative poses using yoga props or items from your home, plus a handout with instructions

Bring a yoga mat, socks and eye covering, and dress for movement.

- | | |
|--------------|--|
| September 8 | <i>A General Restorative Yoga Practice</i> |
| September 15 | <i>To soothe an aching back</i> |
| October 6 | <i>To relieve headaches</i> |
| October 13 | <i>For better sleep</i> |
| November 3 | <i>To boost immunity</i> |
| November 10 | <i>For digestive health</i> |
| December 1 | <i>To relieve anxiety</i> |
| December 8 | <i>For better breathing + Yoga Nidra</i> |

Friday evenings

6:30-8:00pm

\$35 per class

· Receive a handout so you can continue your practice at home

-Weekly drawing for free essential oil blend

\$248 for 8 classes

· Save \$32 and receive the handouts for all 8 practices in a binder

- Plus a yoga eye covering

How to register:

Contact Janet by e-mail (jparachin@cox.net) or phone (918-261-9786)

Cash

Check payable to

Janet Parachin

PayPal to

jparachin@cox.net

Venmo to

Janet-Parachin



Janet Parachin has been teaching and practicing Restorative Yoga since 2009. She has studied extensively with Judith Hanson Lasater and is certified as a Relax and Renew® trainer. She is a certified yoga therapist, Ayurveda Wellness Consultant and Reiki Master Teacher. Her favorite restorative pose is Supported Legs-Up-the-Wall (*Salamaba Viparita Karani*) using all the props!

TULSA YOGA MEDITATION CENTER

**5319 S. SHERIDAN RD
IN THE FARM OFFICE
BUILDING, 51ST AND
SHERIDAN RD**

**WWW.TULSAYOGAMEDITATION
CENTER.COM**

Registration form for Restorative Yoga Series

Name _____ Phone _____

Address _____ City _____ Zip _____

E-mail _____

Send this form and check payable to
Janet W Parachin
11134 E 75th Place
Tulsa, OK 74133-2518

All 8 classes \$248 ___ OR
\$35 per class

Sep 8 ___ Nov 3 ___

Sep 15 ___ Nov 10 ___

Oct 6 ___ Dec 1 ___

Oct 13 ___ Dec 8 ___

Total Due _____