

Restorative Yoga Yoga Nidra

About the Instructor

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 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.



Space is limited. Please register in advance.
918-261-9786
jparachin@cox.net
Or use the registration form

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.

Sunday
2:00-3:30pm
\$25 per class
Or \$60 for all three

April 28
May 19
June 23

Tulsa Yoga Meditation Center is located at 5319 S Sheridan Rd (51st and Sheridan). Turn into the Pier 1 Imports parking lot from Sheridan Road. Look for our sign in the window of the Farm Office Building

Name _____ Phone _____

Address _____ City _____ Zip _____

E-mail _____

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

I will attend:		
_____ April 28		\$25
_____ May 19		\$25
_____ June 23		\$25
_____ All three		\$60
Total due	_____	