

Yoga to Heal Shoulders, Arms and Wrists

Friday, April 24
6:00 - 8:00 pm
\$45 in advance or
\$55 at the door

HOW TO REGISTER

Two ways to register:
1. Contact Janet by e-mail
(jparachin@cox.net) or
phone (918-261-9786)
and pay online through
PayPal

OR

2. Fill in the registration
form and send in a
check

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

TULSA YOGA
MEDITATION
CENTER
5319 S SHERIDAN
ROAD IN THE
FARM OFFICE
BUILDING. LOOK
FOR OUR NAME IN
THE WINDOW
ACROSS THE
PARKING LOT
FROM PIER 1
IMPORTS

Shoulders, arms and wrists are common sites for pain and dysfunction. Yoga to the rescue! In this workshop we will diminish pain, improve function and prevent injury through three proven practices:

Yoga therapy movements that you can do each day to help muscles work together in the way they are supposed to

Yoga postures that integrate the whole body so that you are supported from top to bottom every time you step on the yoga mat

Marma therapy of gentle pressure and massage you can do on your own shoulder, arms and hands to encourage healthy energy flow into these areas

Yoga students and yoga teachers alike will benefit from this information. So bring a notebook, a yoga mat, dress comfortably to sit on a bolster, and come prepared to practice standing and seated yoga postures.

This workshop is approved for credit for students in the Yoga Spirit Academy yoga teacher teaching program.



Janet Parachin Is a certified Yoga teacher and Yoga therapist and has completed over 1700 hours of training in yoga anatomy, restorative and therapeutic yoga, Reiki 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.

Yoga for Shoulders, Arms and Wrists registration form

Name _____ Phone _____
Address _____ City _____ Zip _____
E-mail _____

Send this form and \$45 check payable to
Janet W Parachin
11134 E 75th Place
Tulsa, OK 74133-2518