

Spiritual Practices

For Strength in Body and Mind

6 Classes on Spiritual Practices

Sunday Mornings 9:00-10:30am
\$35 per class or \$175 for all 6 classes (one class for free!)

Each summer Janet spends time studying with her teacher Dr. Vasant Lad of the Ayurvedic Institute in Albuquerque. This year's teaching on Spiritual Practices will bring balance to your days and reveal to you life's deeper meaning. You will be blessed!

Bring a yoga mat and eye covering, and dress for movement. At each session we will give away a prize to a lucky winner.



Janet Parachin is a certified yoga teacher, yoga therapist and Yoga and Ayurveda Wellness Consultant, and has completed over 1600 hours of training in anatomy, restorative and therapeutic Yoga and Ayurveda. She is the director of the Yoga Spirit Academy yoga teacher training program and is a founding teacher at Tulsa Yoga Meditation Center. She teaches so that all may know freedom in body, mind, heart and spirit.

Schedule

Creating Sacred Space on September 9
Creating sacred space in your home and in your life for the things that matter the most

Mantra and Mala on September 16
In Ayurveda, mantra is offered as the best way to heal mental and emotional difficulties

Devotion and Service on September 23
Not all spirituality turns inward; there is also the outward turn of service which is a sign of the devotion within

Pranayama on October 7
Prana is our life force, so yogic breath exercises strengthen us physically, mentally and spiritually

Digestive Fire on October 14
Our body is both the Temple of the Divine and the instrument for our spiritual practices

Meditation on October 21
Being able to focus and free the mind is the first step toward full emancipation from suffering

**TULSA YOGA MEDITATION
CENTER**
5319 S. SHERIDAN RD
IN THE FARM OFFICE
BUILDING, 51ST AND
SHERIDAN RD
WWW.TULSAYOGAMEDITATION
CENTER.COM

Registration form for Spiritual Practices series

Name _____ Phone _____

Address _____ City _____ Zip _____

E-mail _____

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

All 6 classes \$175 ___
\$35 per class

Sept 9 ___ Oct 7 ___

Sept 16 ___ Oct 14 ___

Sept 23 ___ Oct 21 ___

Total Due _____