



SPRING RETREAT

APRIL 21, 2024

TULSA YOGA MEDITATION CENTER

Workshops are \$50 each or \$125 for all three if paid by April 17. Workshops are \$55 each after April 17.

Payment options:

- Cash
- Check payable to Janet Parachin
11134 E 75th Pl
Tulsa, OK 74133
- PayPal sent to jparachin@cox.net
- Venmo sent to Janet-Parachin

Classes are held at Tulsa Yoga Meditation Center, 5319 S Sheridan Rd, located in The Farm Office Building, 51st and Sheridan Rd.

Contact information

jparachin@cox.net
or 918-261-9786

Increase Flexibility with 6 Surprising Techniques *with Janet Parachin*

10:00am-12:00pm

Find out why simply holding a stretch may not provide flexibility gains and explore several proven techniques to safely increase range of motion of muscles and joints.

Lunch at India Palace (or on your own)

12:15-1:45pm

Breathe Better to Reduce Pain and Release Stress *with Janet Parachin*

2:00-4:00pm

When we move the body while breathing into specific areas of the body, posture improves, tension unwinds, pain evaporates and health issues begin to resolve. Find out why breath heals and learn a yoga routine you can do each day to breathe and feel better.

Introduction to Buddhism and Meditation *with Victor Parachin*

4:30-6:30pm

Learn the basics of Buddhism from the author of Eastern Wisdom for Western Minds. Participate in group meditation of chanting and silence and receive a Buddhist teaching.

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Yoga Teachers receive up to 6 hours continuing education

Meet the Instructors

Dr. Janet Parachin is a certified yoga therapist, Yoga and Ayurveda Wellness Consultant and Reiki Master Teacher.

Victor Parachin is a Vedic educator, Buddhist meditation teacher and certified yoga teacher. He is the author of numerous books on eastern and western spirituality.

Together they are the owners and instructors of Tulsa Yoga Meditation Center and Yoga Spirit Academy yoga teacher training.

www.TulsaYogaMeditationCenter.com

