



SPRING RETREAT

APRIL 18 AND 19, 2026

TULSA YOGA MEDITATION CENTER

Each session is priced individually or all three for \$125 if paid by April 17. After April 17 each workshop is \$60, the yoga class is \$30, or all three for \$150.

Payment options:

- Cash
- Check payable to Janet Parachin
- PayPal sent to jparachin@cox.net
- Venmo sent to Janet-Parachin
- Zelle sent to 918-261-9786

Classes are held at Tulsa Yoga Meditation Center, 5319 S Sheridan Rd, located in The Farm Office Building, next door to Modern Health.

Contact Janet:
jparachin@cox.net
or 918-261-9786

The Middle Way: A Meditation Retreat with Janet Parachin on

Saturday, April 18 4:00-6:00pm Cost \$50/\$60

Let's see what it takes to bring balance to the extremes of life with a dharma talk, chanting, seated, walking and guided meditations.

Tea at H2Oasis Tea House on Saturday, April 18 6:00pm-close

Partner Yoga with Kara Chitty and Janet Parachin on Sunday,

April 19 10:00-11:30am Cost \$25/\$30

The caring support of another yoga practitioner makes it possible to perform poses that are challenging alone. Be prepared to laugh loudly and relax deeply.

Lunch at India Palace (or on your own) from 12:00-1:30pm

Yoga Therapy for Shoulders and Hips with Janet Parachin on

Sunday, April 19 2:00-4:00pm Cost \$50/\$60

An informative and fun exploration of the shoulders and hips. When you improve movement in these big joints, tension and pain easily release from so many other places in the body.

Dress for movement and bring a notebook. Beginners are welcome!

Meet the Instructors

Dr. Janet Parachin is a certified yoga therapist, Yoga and Ayurveda Wellness Consultant and Reiki Master Teacher. She is the Director of Tulsa Yoga Meditation Center.

Kara Chitty, RN, CYT200, is a registered nurse and has been practicing hatha yoga for 16 years. She is a certified yoga teacher and 2019 graduate of Yoga Spirit Academy.