

Spring Wellness Workshop

The Wisdom of Yoga and Ayurveda Saturday, March 7 4:00-6:00 pm

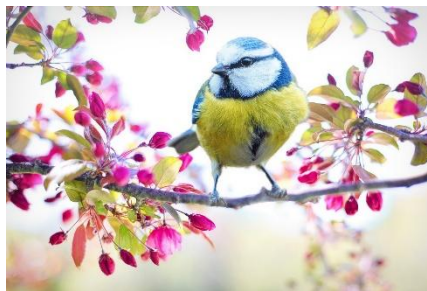
Spring Wellness Workshop

According to Ayurveda, late winter and spring are KAPHA season. Kapha is experienced as cool, liquid, slimy, heavy, slow, dull, dense and stable. When kapha is in balance we feel strong in body, loving in heart and clear in mind. But when kapha is out of balance, we have weight gain, water retention, sinus and lung congestion, and we feel tired and sad.

In this workshop you will learn:

- How to recognize kapha aggravation
- Why this is the best time of year to detox and lose weight
- The right foods and activities to choose this time of year
- How to massage the face to relieve seasonal allergies
- Yoga practices for kapha season—postures, pranayama and meditation

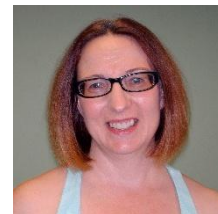
Everyone who enrolls will receive a FREE ESSENTIAL OIL BLEND made with high quality doTerra essential oils suitable for facial massage to relieve seasonal allergies



\$50 by March 6 or
\$60 on March 7

Cash, check payable to Janet Parachin,
• PayPal to
jparachin@cox.net
• Venmo to Janet-Parachin
• Zelle to 918-261-9786

Janet Parachin has been following the health guidelines of Yoga and Ayurveda since 2013 and believes she is healthier for it! She has been teaching Yoga and Ayurveda for over 20 years and is delighted to share what she has learned with others. She presents the information in such a way that it is easy to understand, practical to use, and can be applied immediately. She believes that the body wants to be well and that we can assist it by accessing our own inner healer.



Location and Contact Information:
Tulsa Yoga Meditation Center
5319 S Sheridan Rd at The Farm
Located in the Office Building next door to Modern Health

www.tulsayogameditationcenter.com
918-261-9786
jparachin@cox.net