

SUMMER MEDITATION RETREAT

THEME: HOW TO HAVE MORE JOY



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Sunday, August 04, 5 - 7pm
Tulsa Yoga Meditation Center
Farm Shopping Center – 51st & Sheridan

Retreat will include meditation, chanting, and a Buddhist teaching on how to bring more joy into daily life. Led by Victor M. Parachin, M. Div., Vedic educator, Buddhist Meditation teacher and author of a dozen books including *Think Like The Buddha: 108 Days Of Mindfulness* and *Buddhist Wisdom For Beginners: An A – Z Guide*.

REGISTRATION - \$50 by August 01st or \$60 at the door.

Payment options: Cash; Check (payable to Victor Parachin)

Apps: Pay Pal – vmnamaste@gmail.com Venmo: @Victor-Parachin-1

Questions or contact – vmnamaste@gmail.com