

## Yoga Therapy

Yoga Therapy with Janet Parachin is a unique experience of observing and feeling how the body moves and responds, especially in the midst of physical pain or mental distress. Where is the body holding tension? What movements and thoughts lead to gripping and holding? What movement patterns begin to develop around this tension?

Dr. Janet Parachin, PhD, is a certified yoga therapist recognized by the International Association of Yoga Therapists. In a session with Janet, she will observe how you walk and move your body, explore imbalances in the body that contribute to pain patterns and suggest ways of moving to create new muscle memory in the body. After each session you will receive written instructions so you can continue your therapy at home.



Janet has worked with clients who are seeking ways to cope with lower back pain, dysfunctional movement and pain in the hip, sciatica, painful knees and feet, scoliosis, osteoporosis, pain and limited movement in the shoulder, elbow and wrist pain, neck problems, headaches, anxiety/depression and arthritis.

You would benefit from yoga therapy if you

- have an injury that flares up from time to time or never completely goes away
- experience chronic pain that is aggravated by the way you sit, stand or walk
- are feeling the physical effects of insomnia, overwork, grief or worries

We recommend three yoga therapy sessions, each two weeks apart. In the first session, we develop a preliminary plan with a yoga sequence you can practice at home each day. In the second session we go over the original sequence, answer questions, and make changes or add new exercises. In the third session, we develop a long-term plan to meet the need you described in your first session.

### COST FOR YOGA THERAPY

\$150 for one session, includes written instructions

\$375 for three sessions prepaid, includes written instructions

\$100 for maintenance sessions weekly or monthly

#### FREE 15-MINUTE CONSULTATION

Let's talk briefly to see if yoga therapy is the right path for you. Contact Janet by phone, text or email 918-261-9786 or [jparachin@cox.net](mailto:jparachin@cox.net)

#### TULSA YOGA MEDITATION CENTER

All sessions are held at Tulsa Yoga Meditation Center, 5319 S. Sheridan Road in The Farm Shopping Center, 51<sup>st</sup> St and Sheridan Rd