

Yin Yoga Workshop



Saturday, January 19

4:00 to 6:00 pm

\$45 in advance or

\$55 at the door

Tulsa Yoga Meditation Center

Two ways to register: Contact Janet by e-mail (jparachin@cox.net) or phone (918-261-9786) and pay online through PayPal OR fill in the registration form and drop off/ mail in a check.

YIN IS IN! Yin Yoga is a style of practice that can be gentle or challenging depending on how you practice. It stretches the yin structures of the body, specifically joints and connective tissue (fascia). Because of its unique approach to stretching, most people find that Yin Yoga releases tension in tight back, hips and spine better than other types of yoga that focus on stretching muscles. Yin Yoga is especially helpful in easing chronic lower back and hip pain, and its slow, meditative style makes it a great stress reliever. In this workshop you will:

- Learn the benefits of Yin Yoga
- Find out how to use props in yin
- Deepen the meditative aspect of yoga
- Practice yin poses
- Receive notes for a basic practice you can continue at home
- Discover why YIN IS IN!

Meet the Instructor

Janet Parachin is a certified yoga therapist who has been studying Yoga for over 20 years. She is a Yoga and Ayurveda Wellness Consultant with over 1600 hours of training in yoga anatomy, restorative and therapeutic yoga, and Ayurveda. She is the Director of Yoga Spirit Academy yoga teacher training program and a founding teacher at Tulsa Yoga Meditation Center. She teaches so that all may find freedom in body, mind, heart and spirit.



*Tulsa Yoga Meditation Center
5319 S. Sheridan Road
The Farm Shopping Center, in
the Office Building across the
parking lot from Pier 1 Imports.
Look for our name in the win-
dow of the Office Building!*

YIN YOGA Registration form

Name _____ Phone _____
Address _____ City _____ Zip _____
E-mail _____

Send this form and \$45 check payable to
Janet W Parachin
11134 E 75th Place
Tulsa, OK 74133-2518