

YOGA AND MEDITATION FOR BETTER HEALTH



(photo by Jodi Malone)

TULSA YOGA MEDITATION CENTER
(51st & Sheridan – Farm Shopping Center)
Friday, June 29th, 6 – 8 pm

A two hour workshop to improve health by moving the body (yoga), managing the mind (meditation) and creating a stronger inter-dependence between body/mind.

Taught by Victor M. Parachin, M. Div., author of *365 Great Reasons To Do Yoga* and *Sit A Bit: Five Minute Meditations For Greater Health*.

REGISTRATION - \$45 prepaid by Wednesday, June 27th
- \$55 after June 27th

MAIL REGISTRATION/PAYMENT TO: OR USE **PAYPAL**

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Name:

Email: