

YOGA FOR BEGINNERS



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SATURDAYS IN JANUARY 2019

10:30 – NOON

January 5, 12, 19, 26

\$100.00

Tulsa Yoga Meditation Center

Farm Shopping Center

51st & Sheridan

Taught by Victor M. Parachin, CYT and author of *365 Great Reasons To Do Yoga*

- **Learn the basic poses**
- **How to do them safely**
- **Establish a personal home practice**
- **Gain confidence to attend group classes**

To register send payment OR use PayPal

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Name:

Email: