



YOGA THERAPY FOR BACK AND HIPS SATURDAY, MAY 31 10:30AM-12:00NOON

Yoga therapy in a group setting

This class is especially for people who have pain or limited mobility in the lower back, hips, knees and feet. Our aim is to **move better with less pain** and to learn strategies to use throughout the week. Yoga uses gentle physical movements, calming breath techniques, attention and awareness to **provide you with tools to take care of yourself.**

Janet Parachin is a certified yoga therapist who has been practicing and teaching yoga for over 20 years. Using yoga therapy she healed an injury to her own sacrum and hips and has a regular routine she practices to meet any stiffness or pain she encounters. *If you have had surgery, have difficulty getting up and down off the floor or are in severe pain, please contact Janet to see if this class is right for you.*

***If you're ready to
move better and
get out of pain . . .***

**Cost: \$35 Cash,
check, PayPal or
Venmo**

**Bring a mat or use
one of ours**

**Bring a notebook
if you like**

TULSA YOGA
MEDITATION CENTER

5319 S Sheridan Rd

The Farm Shopping Center
*Located in the office building
across the parking lot from
Urgent Vet*

918-261-9786

jparachin@cox.net

www.tulsayogameditationcenter.com