

Yoga Classes ONLINE with Janet



Morning

Tuesday 9:15-10:30am

Evening

Monday 7:00-8:15pm

Thursday 7:00-8:15pm

Contact Janet with questions and to receive the Zoom link

jparachin@cox.net 918-261-9786

Janet Parachin is a certified Yoga teacher and Yoga therapist who has completed over 1700 hours of training in yoga anatomy, restorative and therapeutic yoga, Ayurveda and Reiki. Classes are suitable for beginning and experienced students. In her Slow Flow Yoga she teaches fewer poses holding them longer to increase flexibility and strength. Every class includes yogic breath exercises (*pranayama*) and deep relaxation (15-minute *savasana*). Props are encouraged too, such as two blocks, blanket and strap. Be creative and use items from your own home, such as a wall, sturdy table, step stool and belt. "May all beings be happy and free in body, mind and spirit."

\$20 drop-in or 4 class pass for \$50

Mail a check to
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PayPal send to jparachin@cox.net

Venmo send to Janet-Parachin

