

Online Yoga Classes

With Janet Parachin

Restorative Yoga

7:00-8:15pm CDT on Monday

Online with Zoom

Put on your comfy clothes, gather your pillows, blankets and eye covering (also yoga blocks and bolster if you have them) for a time of relaxation and restoration. In Restorative Yoga the body is supported with props so that you can quiet the mind, calm the nervous system, and gain a new perspective on everyday life. What a great way to start the week! No experience with yoga is needed, just a willingness to release and let go of your day.



Yoga Stretch and Strength

7:00-8:15pm CDT on Thursday

Online with Zoom

In Slow Flow Yoga we practice fewer poses but hold them



longer to in-

crease 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. These classes are suitable for beginning and experienced students.

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

Mail a check to
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For more information and Zoom
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Janet is a certified yoga therapist, certified Yoga and Ayurveda Wellness Consultant, Reiki Master Teacher, and an enthusiastic practitioner and facilitator of yoga, meditation, restorative yoga and yoga nidra.