



SPRING RETREAT

APRIL 12 AND 13, 2025

TULSA YOGA MEDITATION CENTER

Workshops are \$50 each or \$125 for all three if paid by April 9. Workshops are \$60 each after April 9.

Payment options:

- Cash
- Check payable to Janet Parachin
11134 E 75th Pl
Tulsa, OK 74133
- PayPal sent to jparachin@cox.net
- Venmo sent to Janet-Parachin

Classes are held at Tulsa Yoga Meditation Center, 5319 S Sheridan Rd, located in The Farm Office Building, across the parking lot from Urgent Vet.

Contact Janet:
jparachin@cox.net
or 918-261-9786

Happiness Now: Three Buddhist Teachings for Living a More Joyful Life with Victor Parachin

Saturday, April 12 4:00-6:00pm

Learn about the Buddhist view of happiness from the author of Eastern Wisdom for Western Minds. Participate in chanting and group meditation.

Tea at H2Oasis Tea House Saturday, April 12 6:00pm-close

Breathe! Five Essential Breath Practices with Janet Parachin

Sunday, April 13 10:00am-12:00pm

Learn the physical, mental and energetic effects of Pranayama and practice five essential breath exercises to improve digestion, heal problems with the ears, chest and throat, control strong emotions, experience deep relaxation, and bring balance to your life.

Lunch at India Palace (or on your own)

Sunday, April 13 12:15-1:45pm

Yoga Therapy for Shoulders, Arms and Wrists with Janet Parachin

Sunday, April 13 2:00-4:00pm

Learn movements that increase mobility and reduce pain, yoga postures to integrate the whole body, and energy points (marma) for massage and stress reduction.

Dress comfortably for movement

Yoga Teachers receive certificates for continuing education

Meet the Instructors

Dr. Janet Parachin is a certified yoga therapist, Yoga and Ayurveda Wellness Consultant and Reiki Master Teacher.

Victor Parachin is a Vedic educator, Buddhist meditation teacher and certified yoga teacher. He is the author of numerous books on eastern and western spirituality.

Together they are the owners and instructors of Tulsa Yoga Meditation Center and Yoga Spirit Academy yoga teacher training.

www.TulsaYogaMeditationCenter.com

