

Yoga for the Feet

Friday, April 27
6:00 - 8:00 pm
\$45 in advance or
\$55 at the door

HOW TO REGISTER

Two ways to register:
1. Contact Janet by e-mail
(jparachin@cox.net) or
phone (918-261-9786)
and pay online through
PayPal

OR

2. Fill in the registration
form and send in a
check

Questions? Contact Janet
Parachin at 918-261-9786 or
jparachin@cox.net

**TULSA YOGA
MEDITATION
CENTER**
5319 S SHERIDAN
ROAD IN THE
FARM OFFICE
BUILDING. LOOK
FOR OUR YOGA
SIGN ACROSS THE
PARKING LOT
FROM PIER 1
IMPORTS

Your feet are tired of
hiding out in shoes!
They're ready to be
free this summer.
That's a good thing
too, because the
health of our knees,
hips and lower back
are directly related to
the health of our feet.

Come to this work-
shop to find out why
yoga is so good for
our feet (and knees,
and hips and lower
back too), and learn

how yoga can prevent and even reverse common foot problems like bunions and flat feet. By practicing self-massage and awareness, you can be barefoot and confident this summer.

Bring a yoga mat, dress comfortably to sit on the floor or a chair, and come prepared to practice standing and seated yoga postures.

This workshop is approved for credit for students in the Yoga Spirit Academy yoga teacher teaching program.



Janet Parachin is a certified Yoga therapist and Yoga and Ayurveda Wellness Consultant. She has over 1500 hours training in anatomy, therapeutic and restorative yoga, and Ayurveda. She is the Director of Yoga Spirit Academy yoga teacher training and co-founding teacher at Tulsa Yoga Meditation Center. She teaches so that all may know freedom and ease in body, mind and spirit.

Yoga for the Feet registration form

Name _____ Phone _____
Address _____ City _____ Zip _____
E-mail _____

Send this form and \$45 check payable to
Janet W Parachin
11134 E 75th Place
Tulsa, OK 74133-2518