

Introducing Ayurveda

February 1, 8, 15, 22

Friday evenings
6:30-8:00pm
\$35 per class
OR
\$120 for the series

Everyone who attends will receive a FREE pulse reading to determine dominant doshas and whether or not they are in balance.

Ayurveda is "the science of life," also known as traditional Indian medicine or the diet and lifestyle component of Yoga. Every person has their own unique constitution. By knowing one's constitution and making health decisions based on the constitution, one can experience good health and happiness at every stage of life. In these workshops you'll learn not only the basics of Ayurveda but also receive practical guidance in using this information to be healthy in your body and mind.

February 1 The Dance of the Three Doshas

Everything in the world is comprised of the three doshas—vata, pitta, kapha. Your unique combination=your unique constitution.

February 8 Three Gunas Describe the Mind

Three energies—rajas, tamas, sattva—guide our thoughts, feelings and moods. Understand them and you can shift them!

February 15 Eating for the Three Seasons

Three doshas=three seasons. Learn how to make the right food choices to optimize excellent health throughout the year.

February 22 Putting It All Together

Simple ways to live the Ayurvedic lifestyle to be healthy into your 100s.

How to register:
Contact Janet by e-mail
(jparachin@cox.net) or
phone (918-261-9786) and
pay online through PayPal
OR
Fill in the registration form
and send in a check.



Janet Parachin Is a certified yoga therapist who has been studying Yoga for over 20 years. She is a Yoga and Ayurveda Wellness Consultant with over 1600 hours of training in yoga anatomy, restorative and therapeutic yoga, and Ayurveda. She is the Director of Yoga Spirit Academy yoga teacher training program and a founding teacher at Tulsa Yoga Meditation Center. She teaches so that all may find freedom in body, mind, heart and spirit.

**TULSA YOGA MEDITATION
CENTER
5319 S. SHERIDAN RD
IN THE FARM OFFICE
BUILDING, 51ST AND
SHERIDAN RD
WWW.TULSAYOGAMEDITATION
CENTER.COM**

Registration form for *Introducing Ayurveda*

Name _____ Phone _____

Address _____ City _____ Zip _____

E-mail _____

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

All 4 classes \$120 ___ OR
\$35 per class

February 1 ___

February 8 ___

February 15 ___

February 22 ___

Total Due _____