

MEDITATION BASICS A TWO HOUR WORKSHOP & RETREAT



SUNDAY, FEBRUARY 10, 4 - 6 PM
TULSA YOGA MEDITATION CENTER
(Farm Shopping Center – 51 st & Sheridan)
For Beginners - Learn to meditate.
For Experienced - Jump start your meditation practice.

Led by Victor M. Parachin, M. Div., meditation teacher and author of *Eastern Wisdom For Western Minds* and *Sit A Bit: Five Minute Meditations For Greater Health*.

REGISTRATION - \$45 pre-register by February 07th
- \$55 after February 07th

MAIL REGISTRATION/PAYMENT TO OR USE PAY PAL

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NAME

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