

Better Sleep Workshop

Healthy Living through Yoga & Ayurveda

Sunday, November 5 4:00-6:00 pm

Healthy Living through Yoga & Ayurveda

This series demonstrates the power of Yoga and Ayurveda to heal body, mind and spirit. Each session covers the latest information about the chosen topic and provides essential practices from the ancient wisdom of Yoga and the Eastern health system of Ayurveda to help you live a happy and balanced life.

Better Sleep

The information in this workshop will be useful for those who have difficulty falling asleep, or who wake up and can't get back to sleep. Learn about

Yoga postures
Breath exercises
Meditations
Aromatherapy
Herbal support

And positive attitudes which support a rested body and stress-free mind.

Bring a yoga mat and dress for movement.

This workshop is approved for credit for students in Yoga Spirit Academy's teacher training program.



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



**\$45 in advance
or
\$55 at the door**

Please register in
advance by calling
Janet at 918-261-9786
or jparachin@cox.net

Location:

Tulsa Yoga Meditation Center
5319 S Sheridan Rd
South of Pier 1 imports off of
Sheridan Road
Look for the YOGA sign in the
Northwest section of the Farm
Office Building

www.tulsayogameditationcenter.com

Better Sleep through Yoga & Ayurveda on November 5

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