

# Weight Loss Workshop

## Healthy Living through Yoga & Ayurveda

Sunday, February 18 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.

### Weight Loss

Ayurveda teaches that maintaining healthy weight is NOT about counting calories and exercising, but rather the health of one's digestion. Modern science is now confirming the main role of metabolism in weight loss. In this workshop you'll learn

- the truth about the "Biggest Loser"
- what, when and how to eat to increase metabolism
- Yoga postures, meditations, breathing exercises, visualizations and relaxation to find your healthy weight
- bring a yoga mat and dress for movement

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



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

**Please register in  
advance. Send  
PayPal to  
jparachin@cox.net**

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.



### 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](http://www.tulsayogameditationcenter.com)

Weight Loss through Yoga & Ayurveda on Sunday, February 18

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