

# Restorative Yoga Yoga Nidra

## About the Instructor

### Janet Parachin

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



*Space is limited. Please register in advance.  
918-261-9786  
jparachin@cox.net  
Or use the registration form*

In **Restorative Yoga** the body is supported with props so that you experience deep relaxation and release of tension.



**Yoga Nidra** is a type of guided meditation where the body relaxes completely while the brain moves into the delta waves of deep sleep.

**No experience is needed and beginners are especially welcome.**

**July 15  
August 19**

**Sunday  
2:00-3:30pm**

**\$25  
Per class**

**September 16  
Restorative  
Meditation  
Retreat**

**2:00-5:00pm  
\$45**

***\$80 for all three***

**Tulsa Yoga Meditation Center** is located at 5319 S Sheridan Rd (51st and Sheridan). Turn into the Pier 1 Imports parking lot from Sheridan Road. Look for our sign in the window of the Farm Office Building

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_

*Send this form and check payable to:*

Janet Parachin  
11134 E 75th Place  
Tulsa, OK 74133-2518

I will attend:	
____ July 15	\$25
____ August 19	\$25
____ September 16	\$45
____ All three	\$80
Total due	_____