

# YOGA AND MEDITATION FOR BETTER HEALTH



(photo by Jodi Malone)

**TULSA YOGA MEDITATION CENTER**  
**(51<sup>st</sup> & Sheridan – Farm Shopping Center)**  
**Friday, June 29<sup>th</sup>, 6 – 8 pm**

A two hour workshop to improve health by moving the body (yoga), managing the mind (meditation) and creating a stronger inter-dependence between body/mind.

Taught by Victor M. Parachin, M. Div., author of *365 Great Reasons To Do Yoga* and *Sit A Bit: Five Minute Meditations For Greater Health*.

**REGISTRATION - \$45 prepaid by Wednesday, June 27th**  
**- \$55 after June 27th**

**MAIL REGISTRATION/PAYMENT TO:    OR USE    **PAYPAL****

**Victor M. Parachin**  
**11134 E. 75th Place S**  
**Tulsa, OK 74133**  
**918-284-1422    email: [vmnamaste@gmail.com](mailto:vmnamaste@gmail.com)**

***Name:***

***Email:***