

TIME FOR YOU TO RELAX AND REFLECT

RESTORATIVE YOGA YOGA NIDRA SUNDAY 2:30-4:00PM



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

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

2:30 to 4:00 pm

Bring a yoga mat and eye covering

\$18 in advance or
\$20 at the door

Multiple class discount
See registration form below

Janet Parachin

has been teaching yoga since 2004 and leading meditation groups since 1999. She is certified to teach yoga and Pilates, and has completed over 500 hours of training in yoga anatomy and restorative and therapeutic yoga. She is the Director of Yoga Spirit Academy yoga teacher training program and one of the teachers in The Yoga Cooperative. She teaches so that all may find freedom in body, mind, heart and spirit.

LOCATION:

YOGA COOPERATIVE
5321 S SHERIDAN RD
SUITE 21

SOUTH OF PIER 1 IMPORTS OFF OF SHERIDAN
ROAD

LOOK FOR THE YOGA SIGN IN THE NORTHEAST
SECTION OF THE FARM OFFICE BUILDING

Space is limited. Register by contacting Janet Parachin at 918-261-9786 or jparachin@cox.net or use the registration form

Dates:

Sunday, May 6
Sunday, June 10
Sunday, July 15
Sunday, August 5

Name _____ Phone _____

Address _____ City _____ Zip _____

E-mail _____

Send this form and check payable to:

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

Please check one

\$60 for 4 classes
 \$48 for 3 classes
 \$34 for 2 classes
 \$18 for 1 class

I will attend:

May 6
 Jun 10
 Jul 15
 Aug 5

