

# Chakra Healing infused with Reiki

Friday, May 10

6:30-8:00pm — Cost \$35

Tulsa Yoga Meditation Center

- Balance the seven main chakras with mantra, movement and meditation
- Chant the mantras for the chakras accompanied by the harmonium
- Practice gentle yoga stretching to relieve tension and activate chakra energy
- Participate in a powerful Reiki meditation while resting in a supported yoga pose

*No experience with yoga is necessary. Bring a yoga mat and eye covering if you have them. We have mats, blankets and bolsters for you to use.*



LOCATED IN THE FARM SHOPPING  
CENTER (51ST AND SHERIDAN)

Tulsa Yoga Meditation Center  
5319 S. Sheridan Road  
918-261-9786  
[www.TulsaYogaMeditationCenter.com](http://www.TulsaYogaMeditationCenter.com)

*JANET PARACHIN is a certified yoga therapist, Ayurveda wellness consultant and Reiki Master Teacher. She has been studying and teaching about the chakras for 20 years.*

*"I really enjoyed Friday night's class! It was a really nice mix of education, movement and relaxation." -Celia, massage therapist and yoga enthusiast*



HOW TO PAY: \$35 cash, check, PayPal  
([jparachin@cox.net](mailto:jparachin@cox.net)) or Venmo (Janet-Parachin)