



Breathing Techniques & Aromatherapy Series...

Participate in an aromatic experience that rewards you with healthy living essentials for everyday life.

Creating Aromatic Gifts for the Holiday Season...

Reward yourself with healthy lifestyle practices – experience the therapeutic benefits of adding essential oils to daily activities, package Aromatherapy to use on the go, learn creative ways to prepare aromatic gifts for friends, family and your hosts during the merry making festive season. Yvonne Connell, Moments of Joy, brings us a unique Aromatherapy workshop experience by integrating some therapeutic breathing techniques to get you through the hustle and bustle of the season. Practice a relaxing or energizing breath technique for 3- 5 minutes per day to calm the mind and recharge the body.

Workshop: Presented by Moments of Joy Yoga & Health Center

When: Sunday December 5, 2010

Time: 1:30 – 3:30pm

Cost: \$30 if registration & payment received in advance, \$40 at door

How You Will Benefit:

- Learn quick and simple ways to use your Young Living essential oils everyday
- Essential oil recipes - using carrier oils, therapeutic bath salts, topical use, dietary supplementation.
- Package essential oils gifts – Aromatherapy to go, promote healthy lifestyles. Supplies included.
- Breathing Techniques – presented by Yvonne Connell; Certified Kundalini yoga teacher with specialization in Yoga for Addictions, Stress Management, and Women's Health. She is a Certified Aromatherapist and health practitioner and soon to be Homeopath.

Workshop Location:

Moments of Joy. www.momentsofjoy.org

6 Coco Ave. Richmond Hill.

Contact Yvonne, 647-822-YOGA (9642)

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