



Spiritual Aromatherapy: Combining Therapeutic Grade Essential Oils & Breathing Techniques



Sacred Frankincense & Palo Santo

Experience the deep spiritual and therapeutic effects of connecting breathing techniques with essential oils [Sacred Frankincense & Palo Santo]. Through a series of ancient breathing techniques, nose smelling exercises, meditations and visualizations you are taken on a personal journey of awareness and relaxation.

Workshop Contents:

Spiritual Aromatherapy

Sacred Frankincense (*Boswellia sacra*) journey- presentation
Introduction to Palo Santo- means holy or "sacred" wood
Breathing techniques - connecting breath with aromatherapy

Hands-on Practicum:

- ❖ Oil tasting for Supplementation - NingXia Red Juice infused with choice of two oils Frankincense (*Boswellia carteri*), Lemon, Peppermint or Lavender
- ❖ Inhalation Therapy

Cost: \$25, \$20 if registration confirmed by Oct 15. Space Limited.

Time: 1:30 - 3:30pm

Date: October 17, 2010

Workshop Location: 6 Coco Ave. Richmond Hill, L4S 2P2 (E. of Bayview S. of Elgin Mills)

Moments of Joy Yoga & Health Center

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Facilitator Bio: Moments of Joy

Yvonne Connell has been practicing the art of Aromatherapy since 2003 - both professionally and personally. She has developed perfume blending workshops and training programs to share the gifts of plant life. Private consultations and Women's Circles are available services at her studio - Moments of Joy. Yvonne is a Holistic Practitioner & Kundalini Yoga Teacher with SPECIALIZATION- Breathing Techniques, Yoga for Addictions, Stress Management, Women's Health. THERAPEUTIC SERVICES - Homeopathy, Lymphatic Drainage, Ayurvedic massage, Certified Aromatherapist. Spa services & Infrared Sauna on-site