

# Stress Management Support Using Essential Oils

Learn the relaxing breathing techniques integrated with essential oils to create for yourself a supportive stress response tool for those unavoidable conflicts, difficult situations and life's ups and downs. Essential oils used with Inhalation Breathing therapy rewards you with the capacity to recovery quicker from daily stress – this therapy can improve sleep and relax the body...



## Immediate Rewards:

- **Essential Oil Education...** discover how essential oils impact the brain, and how this can relieve stress factors.
- **Know your stress release essential oils...** relax and de-stress whenever you need to - inhale to deepen breathing and improve relaxation
- **Hands on blending...** blend a stress release or sleep therapy remedy for yourself- apply your knowledge right away for effective stress management.
- **Relaxes the nerves...**breathing techniques to calm and relax the mind & body.
- **Knowing your Stress Patterns... short questionnaire on stress management**

- **DATE:** Sunday March 6, 2011
- **TIME:** 1:00 pm - 3:00 pm
- **Cost:** \$35.00, Includes oils & take home blend.
- **Location:** Moments of Joy, 6 Coco Avenue. Richmond Hill  
(E. of Bayview S. of Elgin Mills)

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- **BIO:** Yvonne is a Holistic Health Practitioner, Homeopath, Certified Aromatherapist & Kundalini Yoga Teacher in Richmond Hill. She has been working with essential oils professionally since 2003 and has many success stories. She teaches Aromatherapy skills to practitioners and practical workshops for everyday use of essential oils. Please see her web site [www.momentsofjoy.org](http://www.momentsofjoy.org)
  - **Please call or email to register or for more details:**
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