

JANUARY – VISION: Is Your Yoga Practice Aligned with Your Goals?

The essential oils and blends used in today's workshop were chosen to FOCUS our perceptions and vision for the new year. The oils create aromatic and therapeutic support on a physical and emotional level. By incorporating the oils into our practice today, we use this opportunity to go within and ask ourselves if our yoga practice is aligned with our life path? We will open the breath, the body, the mind and get even more clear on the next steps for our practice this year.

AROMATIC/DIFFUSE: JUNIPER BERRY

PHYSICAL: Purifies physical and spiritual dimensions as a powerful lymphatic mover. Detoxifies and cleanses tissues— moves toxins out of our body and core organs. Soothes digestive stress and releases grief with a warming, invigorating effect. Opens the lungs and respiratory system to take in full life force or breath.

EMOTIONAL: “The Oil of Night”

Evokes feelings of peace, love and elevates one's spiritual awareness. Helps us break through psychological stagnation and fear of failure so our joints and body and move more freely – allowing us to open to life. Brings us confidence and puts a “fire” in our spirit! Used in today's workshop to let go of toxicity and open to flow.

INTERNAL/DRINKING: LEMON

PHYSICAL: Uplifting, bright aroma to inhale or diffuse.

Cleanses and purifies the air and surfaces.

Taken internally – it cleanses the body and aids in digestion,

Lemon supports a healthy respiratory function overall AND can assist with seasonal respiratory discomfort.

EMOTIONAL: “Oil of Focus”

Calms and focuses our consciousness.

Allows us to stay present on the mat. Take 1 thing at a time.

Lightens our mental load and restores energy to the spirit.

Clears self-judgment about what you will learn today – restores confidence!

Used in today's workshop to help us open the body to cleanse from within.

ROMAN CHAMOMILE

PHYSICAL: Therapeutic, calming effect on the skin, mind & body, freeing us to let go and relax.

Supports the good health of the circulatory, lymphatic, digestive, endocrine and other systems of the body.

Also supports a healthy immune system function.

Combats occasional sleeplessness, eliminates occasional irritability and relieves restlessness – great for children.

EMOTIONAL: “Oil of Spiritual Purpose”

Helps us discover our true life purpose to find meaning in our lives.

Peace-evoking.

Leads the soul to where it needs to be and what it needs to be doing.

“Do what you love and everything will be a success.”

Brings out the sunshine in our disposition!

Used in today's workshop to guide our vision to our true purpose.

SUBSTITUTION: SANDALWOOD

PHYSICAL: Historically used to enhance meditation and deepen spiritual connection.

Sedating, harmonizing and calming oil for grounding yet remaining uplifting to the spirit.

Promotes healthy-looking, smooth skin – reduces appearance of skin imperfections.

Assists with maintaining a healthy cardiovascular system.

May provide relief from occasional low back pain concerns – particularly if there has been an overload to the nervous system.

EMOTIONAL: “Oil of Sacred Devotion”

Teaches us to have reverence and devotion for Spirit in our lives.

A great antidote for our materialistic culture which often leaves us feeling empty and frazzled.

Helps individuals realign their priorities away from material goods and attachment to fame, wealth and the need for acceptance.

Focuses us on true humility, devotion and love.

Used in today’s workshop to connect with our spirit and ask where our path will lead.

PEPPERMINT

PHYSICAL: Supports healthy respiratory function – chosen to help us breathe freely to open up and take in a new year.

Assists in lowering body temperature temporarily.

Alleviates occasional stomach upset – relieves occasional gas in adults and children and acid indigestion.

Freshens breath.

Stimulating to the mind –wakes us up – makes us more aware.

EMOTIONAL: “Oil of a Buoyant Heart.” Lifts our spirits and soul – gives us a break.

Helps us feel free to move on and avoid get entangled in our difficulties.

Allows us to see a bigger picture – increase our vision and tolerance for things that aren’t to our liking.

Helps us “stomach” any concerns.

Used in today’s workshop to stimulate our mind & heart as to what is to come.

INTUNE BLEND

PHYSICAL: Blend of amyris (West Indian sandalwood), patchouli, frankincense, lime, ylang ylang, sandalwood, and Roman chamomile.

Provides a blend of essential oils designed to relieve anxious feeling, to help us focus our energy and attention, and to calm our minds.

Sedating. Harmonizing.

Support a healthy hormone balance in the body.

Also supports homeostasis or balance in the nervous system.

EMOTIONAL: “The Oil of Presence”

This blend calms the mind and promotes a meditative state

Helps us stay present with the task at hand---the here & now on our yoga mat

Assists us in staying grounded, vs floating off with daydreaming

Supports a healthy connection with body & mind

Used in today’s workshop to help us focus within – to truly listen to our own desires.

LAVENDER

PHYSICAL: Widely used for calming and relaxing qualities for physical and emotional health.

Soothes occasional skin irritations and helps skin recover quickly.

Eases occasional muscle tension.

Helps us unwind any unnecessary emotion.

EMOTIONAL: “Oil of Communication”

Helps us express our inner truth as we open our selves today with breath, self-love and gratitude.

Connects our heart with our voice.

Let’s us express our now-open heart to let people know we deserve to be heard.

Encourages us to be honest with our emotions and let them sing out!

Used in today's workshop to calm and integrate all the oils we've used and allows outward expression.

AT THE END OF THE WORKSHOP – REVIEW THE OILS USED:

We hope you noticed the flow created by today's oils – opening, then inwardly focused. Opening outward, focusing inward. Creating a type of physical and emotional “flushing” to move out the old and bring in the new.

- JUNIPER BERRY – to let go of toxicity in our body & being so we can flow
 - LEMON – to begin to cleanse from within
 - ROMAN CHAMOMILE – to guide our vision toward our life's purpose ---OR--
 - (Replacement)SANDALWOOD – to discover where our spirit's path will lead
 - PEPPERMINT – to stimulate our minds toward that vision
 - INTUNE – to help us go within and listen to our desires
 - LAVENDER – to support us in communicating our life's vision
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If you'd like to learn more about these and other essential oils & blends and how you can get your own doTERRA oils, please see the person who invited you to today's workshop or come see us afterward.

We would also like to invite you to join us to learn more at our FREE essential oil class happening _____ at _____.