

MARCH: ALIGNMENT – Balance Body, Mind and Spirit

In today's workshop, we use essential oils and yoga poses specifically designed to create holistic alignment. Moving more slowly through our practice and holding specific postures will help us notice the subtle shifts in our body, mind and spirit that the oils assist in creating, as we realign and balance ourselves to the core of our being.

AROMATIC/DIFFUSE: CYPRESS

PHYSICAL: Energizing aroma used to bring energy and vitality to the spirit.

Promotes clear breathing.

Eases muscle tightness and tension – excellent to apply following physical exertion.

Supports healthy movement of fluids of our lymphatic and circulatory systems.

Used topically on the skin to smooth the appearance of legs and hips.

EMOTIONAL: “Oil of Motion & Flow”

Creates energetic flow where there has been stagnation.

Helps those mentally or emotionally stuck, stiff, rigid, tense, over-striving or perfectionist tendencies.

Perfect for our practice today – helps us diffuse the need to force or try to control what is around us, recognizing that this need stems from fear.

Allows us to have perfect trust in the flow of life – to cast aside our worries and let go!

Used in today's workshop to help us let go of those things pulling us in undesired directions so we can begin to return to balance.

INTERNAL/DRINKING: GRAPEFRUIT

PHYSICAL: Comes from the rind of the fruit. One of the oils in the Slim & Sassy Metabolic Blend to help manage appetite and weight gain.

Supports the healthy movement of fluids in the body's circulatory and lymphatic systems ----similar to Cypress oil we are diffusing.

A wonderful cleanser – perfect for supporting a healthy and effective digestive and metabolic systems.

Uplifting and balancing aroma – so as we take a sip, we breathe in its calming scent.

EMOTIONAL: “Oil of Honoring the Body”

Encourages us to direct love and respect toward our body & listen to our body’s needs.

Releases deep-seated tension, frustration, irritability and moodiness.

Helps control emotional, stress-eating that often results from inner anger.

Lightens our spirit and helps us recognize our BEAUTY – you are perfect as you are!

Used in today’s workshop to help us cleanse thoughts & feelings to prepare our mind and heart to recognize that we are beautiful, we are strong and we are doing exactly what we are here to do in this lifetime.

FRANKINCENSE

PHYSICAL: Powerful and rare oil that is very diverse in its use on/in/around the body. The “one” oil you want if you can only have one!

Known historically as a holy oil used for anointing and sacred ceremonies when spiritual awareness is desired.

Highly researched for its ability to help build and maintain a healthy immune system and function.

Known to support the rejuvenation of skin and other epithelial tissue.

EMOTIONAL: “The Oil of Truth”

“Use of frankincense helps us let go of lower vibrations, false truth, deception and lies....allowing us cleanse our spiritual darkness and move toward our inner light.”

– Daniel McDonald

Connects us to our spiritual selves creating a healthy attachment to our actual father or the father figure in our lives.

Reminds us we are loved and protected with a gentle, loving Divine spirit (God)

Helps release us to break free from our past, making it an ideal oil to use for those seeking spiritual awakening and evolution through meditation and prayer.

Used in today's workshop to bring our spirit into alignment with our mind and heart.

MARJORAM

PHYSICAL: Comes from a common herb found in kitchens around the world. Also known as “wintersweet” or “joy of the mountains”.

Very effective for its calming properties – applied topically to soothe tired, stressed muscles.

As we calm tissue in the body, the body can direct each of its parts to relax and open.

Particularly beneficial for respiratory and nervous system health and support.

Aroma invokes peace, calm and restful sleep.

EMOTIONAL: “The Oil of Connection”

Encourages us to have trust vs fear and therefore creating close relationships.

Good for those who tend to be aloof and uncommitted with others, thereby sabotaging hopes of long-term relationships.

Assists individuals to soften their heart and warm to new relationships – knowing it is safe to connect and share love with others.

Used in today's workshop to help us open and realign our entire body-mind-spirit in practice...relaxing so we can open to others.

DEEP BLUE BLEND

(“Touch” version works well here as it is already diluted)

PHYSICAL: Blend includes Wintergreen/Camphor/Peppermint/Blue Tansy/Blue Chamomile/Helichrysum/Osmanthus essential oils

Oils combine to support a healthy inflammatory response in the body.

Soothes sore muscles and joints and supports healthy circulation.

Wonderful tool for home use for adults of all ages, and professional body workers to rub onto achy muscles and joints.

EMOTIONAL: “Oil of Surrendering Pain” - Generally used for physical pain, but can also help us if we resist addressing the emotions that underlie our pain.

Gives us strength to observe our pain but stay calm, cool & collected to face it.

Transformation is possible when we excavate what lies beneath our outward expression.

Allows us to see pain as a teacher as we let go of resistance....it dissipates.

Used in today's to help us begin pulling out what lies beneath any misalignment in our lives so that we can make conscious change where needed, when we are ready.

BALANCE BLEND

PHYSICAL: Blend of Spruce, Frankincense, Blue Tansy, HoWood and Blue Chamomile

Designed to help us ground our emotional and physical body – to keep us centered or balanced about whatever challenges cross our life's path.

Soothes and relaxes sore muscles and joints.

Assists the nervous system to remain healthy and balanced.

Harmonizing blend – connecting body, mind and spirit together and calming anxious feelings.

Frankincense in the blend is known to support cellular health and overall well being.

EMOTIONAL: “Oil of Grounding”

Calming tree and flower oils that brings tranquility to our spirit.

Helps us reconnect or settle into our “roots” – very important to help those who spend a lot of time thinking, speaking or in spiritual activity.

Good for those who tend to avoid long-term commitments to root down like a tree rather than finding themselves drifting on to the next thing, with the wind.

Applying it helps us stay present in the moment to achieve our longer term goals – as a tree grows slowly over time.

Used in today's workshop to help us integrate all that we have experienced and align ourselves with our highest good as we move off our mats and into the world.

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

We hope you noticed the connection created by today's oils – encouraging you to align your body-mind-spirit with your true nature. This holistic view of ourselves takes the time that today's slower-moving practice allowed. Consider how using these oils outside yoga practice could benefit you this year.

- CYPRESS – to get us flowing and moving into alignment
- GRAPEFRUIT – to let go and cleanse
- FRANKINCENSE – to be more present so we can witness and assess ourselves
- MARJORAM – to connect with others and to go within for further understanding
- DEEP BLUE BLEND – to help us look at the deeper pain we hold
- BALANCE BLEND – to integrate today's experience and set us firmly on our feet as we take today's discoveries out into our daily lives.

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 _____.