



Essential Oil Workshop with Cherise Kruger

Friday Evening

November 17, 2017

7:00 – 8:00 pm

By Donation

PARAM YOGA

HEALING ARTS CENTER
21750 Devonshire Street
Chatsworth, CA 91311
747 224-0402
Param-Yoga.com

Ditch the Drugstore

with Young Living's Everyday Oils!



Lavender

- combats seasonal sniffles
- soothes minor cuts, bites and burns
- promotes restful sleep
- supports respiratory system
- relaxes mind and body



Peppermint

- aids digestion/heartburn
- helps nausea
- minimizes joint and muscle discomfort
- supports healthy respiratory function
- boosts mental focus



Lemon

- cleanses & purifies
- improves mental focus
- supports circulation
- relieves occasional heartburn
- supports healthy skin
- aids detox process



Thieves

- supports healthy immunity and the body's natural defenses
- significantly reduces everyday germs
- helpful for cleaning
- supports oral health
- aids oral discomfort



Valor

- supports joint health
- calms & relaxes
- instills feelings of confidence
- eases stress and tension
- balances and aligns
- helps reduce snoring



Purification

- neutralizes odors
- deters insects
- cleanses minor cuts and scrapes
- soothes stings and bites
- supports health skin
- great for all things smelly - shoes, sour laundry



Frankincense

- supports respiratory system
- calms body and mind
- boosts immunity
- slows signs of aging
- promotes healthy cellular regeneration
- supports skin health



Peace & Calming

- promotes restful sleep
- calms and relaxes
- uplifts gloomy moods
- eases occasional emotional stress & tension
- great for busy children



PanAway

- minimizes occasional minor discomfort
- supports healthy musculoskeletal system
- aids healthy circulation
- helps with occasional headaches



Joy

- eases occasional feelings of tension or sadness
- calms & grounds
- uplifts the spirits
- balances emotions
- inspires romantic feelings



Stress Away

- promotes feelings of peace and tranquility
- eases occasional tension and distress
- restores equilibrium
- promotes relaxation
- maintains healthy blood pressure



Join Cherise Kruger on Friday evening, November 17th, from 7:00 – 8:00 pm, to learn about essential oils & how they can improve your life from an Ayurvedic perspective. This class is donation-based and no pre-registration is required.

Cherise is a yoga instructor and Ayurvedic yoga therapist who has taught at Param Yoga and offers private Ayurveda consultations. To learn more about her background and services, visit Cherise.com.