



Brandon Massage Studio

&

Yoga Blessings

AROMA FLOW YOGA - SUNDAY August 20th at 12:30 pm to 2 pm

What is Aroma Flow Yoga

During this class you will move from pose to pose in a smooth, easy manner, guided by the breath ~ *Meditation in Motion* ~ while integrating **Essential Oils** to: guide you, ground you deeper, lift you higher by the life essence inside each drop of oil. Unlock infinite guidance & create space for exploring your Self and your Practice.



Brandon Massage Studio & Yoga Blessings - www.Yogablessings.org

1201 Oakfield Drive #108, Brandon FL 33511- 813.849.2886

Followed by an optional Young Living Essential Oils information session

Come discover the uplifting and healing qualities of Young Living Therapeutic Grade oils. Therapeutic Grade oils are known to create an environment that supports a deeper yoga practice. Using Young Living oils in class is often a transformative experience for participants because of their inherent ability to shift the space ~ creating a palpable change in the energy of the room, a softening or sometimes expansion of everyone's life force. The aroma helps to center the mind and transport participants to a sacred space, helping to relax, inspire and energize.

Relax - Inspire - Energize - Center the mind - Boost the Immune System - Natural alternative to pharmaceuticals