



# ***Aromatherapy Yoga: Summer 'Soul'stice Shine!*** w/ Sheetal Contractor, RYT, LMT, Wellness Coach

## **Harness the Energy of Summer 'Soul'stice and SHINE your LIGHT!**

In this workshop, we will...

- Engage and raise our 'Soul'ar energy through simple breath-work & a fun, active Asana Practice
- Energize and Harmonize the Mind/Body with various Therapeutic Grade Essential Oils\*\*
- Enjoy SHINING your Inner Light into the World through Visualization and Affirmation

**Saturday June 24th**

**3 - 4:30pm -- \$20**

**NOTE:** Pre-registration is greatly appreciated so there is an accurate headcount for workshop materials. Please sign-up at West End Yoga or contact Sheetal at [sheetal@SolunaSolutions.com](mailto:sheetal@SolunaSolutions.com)

\* We will use Young Living pure therapeutic grade essentials oils.

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About the instructor: Sheetal Contractor is a licensed massage therapist, yoga educator, wellness coach, author of the E-book *Anyone Can Do YOGA! (... So What's Stopping You?)* and creator of the DVD Series called *Yoga Essentials*. Her yoga background includes training from a variety of styles and teachers over the past 20 years.

Sheetal's programs offer personalized attention to allow each person to learn according to his/her needs. Her mission is to help individuals reclaim their power when it comes to their health. She aspires to do this through her concept of 'Yoga Self-Care' which empowers people to "Move Well, Breathe Well and Think Well" each and every day!

