



## **Aromatherapy Yoga: Balancing the Chakras in the New Year**

### **Essential Oils + Yoga + Chakras = Therapeutic Bliss!**

In this workshop, we will...

- Learn about the 7 key chakras and how imbalances in our chakras can manifest in our physical bodies
- Enjoy sampling 7 pure, therapeutic grade essentials oils\*\* that support the balancing of our chakras
- Participate in a soothing, introspective yoga practice to balance our chakras as we move into 2018!

**Sunday January 14th, 1 - 2:30pm**

**Wellness Investment: \$20**

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

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About the instructor: Sheetal Contractor is a licensed massage therapist, certified yoga instructor, wellness coach, author of the 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! For more information about Sheetal, visit [www.SolunaSolutions.com](http://www.SolunaSolutions.com).

