

## Meditation and Spiritual Partnership With Essential Oils

Monday, January 29, 7:00-9:00pm

**As we breathe during meditation we connect our mind and body to the energy of the sky and heavens, and this energy becomes infused within the substance of our body with every inhalation. When we partner our breath with essential oils, we are infusing the spirit of the plant into our body as well.**

These essential oils or Botanical Aromas work directly on the limbic system, which controls moods, circadian rhythms, sleep and waking cycles and emotional memories.

Botanical aromas in the form of essential oils have a direct and intimate relationship with our spirit. When we breathe during meditation, we connect our mind, body and spirit with every inhalation. When we partner our breath with essential oils, we are infusing the spirit of the plant into our body as well.

Essential oils work directly on the limbic system which controls moods, sleep and waking cycles, emotional memories and more. Their helpful qualities are given through inhalation and move through the channels in our olfactory system and the brain to influence our consciousness.

Essential oils help calm us, release suppressed emotional memories, uplift our mind and heart, and enhance cognitive function. They support us in letting go of distractions so that we may connect with Divine silence.

Join us for this special session on incorporating essential oils into your meditative, contemplative and prayer practices to offer a unique way of supporting, calming, and balancing your spirit.

 **\$25 • Registration requested by January 22.**

### About the facilitator...

**Therese Yonikus** is a licensed Massage Therapist as well as a clinical aromatherapist and loves sharing the connection of Essential Oils as companions in life. She continues to study Peruvian Shamanic Healing Practices and enjoys sharing rituals from the Peruvian Tradition as a form of prayer. Therese holds a Master's of Education Degree from Northern Illinois University.



PROGRAM  
FACILITATORS



Therese Yonikus