



# Brandon Massage Studio

&

## Yoga Blessings

AROMA FLOW YOGA - SUNDAY Sept 17th 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](http://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**