

In the light of ONE

Presents

Essential Oils 102

Presented by

Dona Strong



<http://inthelightofone.com/events.html>

813-752-1325 Plant City, Florida

In the four (4) hour intensive Essential Oils workshop, Instructor Dona Strong will discuss the chemical interaction oils have on your Brain & Body. You will learn what nine (9 or more) Oils to use for strength or when having Emotional Challenges and the Eight (8 or more) oils that are good for grounding you spiritually. We will cover as many oils as our time allows (17-30 oils)

Oils to help soothe & relieve emotional challenges:

- | | |
|-------------------------|---------------------------------------|
| ❖ Calm emotion | Let go of negative feelings |
| ❖ Natural Relaxants | Overcome feelings of Stress & despair |
| ❖ Combat depression | Overcome Anger issues |
| ❖ Increase self-control | Uplift emotions & Stabilize your mind |
| ❖ Grounding | Strengthen & Stabilize emotions |

From: Trauma; Hypertension, Hysteria, Anger, Insomnia, Hormones, Depression, Despair, Sexual Abuse, Stress, Anxiety, Negative memories

Oils to aid in Grounding and Clearing Spiritually:

- | | | |
|----------------|------------------------|------------------------|
| ❖ Grounding | Empowering | Anchoring |
| ❖ Purification | Psychic Awareness | Cleanse |
| ❖ Evil Spirit | Protect against spells | Lift Spirits |
| ❖ Amplify- | Spiritual Awareness | Harmonic |
| ❖ Overcome- | mental Fatigue | Improve mental Clarity |

Seating is limited call (813) 752-1325

1. Large Class Maximum of 7 to 10 persons
\$150.00 (4 hour class)
2. Medium Class Maximum of 3 to 6 persons
\$225.00 (4 hour class)
3. Small Class Maximum of 2 persons
\$300.00 Customized for individuals (4 hr. class)

