

Essential Oils Series

Mondays, 7:00-9:00pm (Various dates below)

Essential Oils have been a part of many cultures' medicine chests for thousands of years – the Egyptians and the Early Christians among them. Modern 'aromatherapy' was formally introduced by French chemist Rene Maurice Gattefosse in 1937, but recently it has seen a rebirth in the U.S. as more people are finding the benefits of using essential oils instead of artificial fragrances in their home and on their bodies.



October 29, 2018 - Developing a Daily Practice

The subtle energy of essential oils invokes in us a sense of wholeness and healing of our body, mind and spirit. Healing of ourselves raises the consciousness of our families, friends and culture. This workshop will introduce you to the use of essential oils as everyday companions for healing and more. There will be time for exploring the characteristics of a variety of oils and ways to integrate them into daily life.

January 28, 2019 - Supporting Women's Well-Being

Essential Oils can be a soothing component of a balanced lifestyle to reduce stress and bring a centered calmness to our daily experience. The subtle energy of essential oils invokes in us a sense of wholeness and healing of our body, mind and spirit. Selfcare is an important aspect to maintain spiritual, emotional and physical wellbeing. This workshop will focus on the use of essential oils for women, to nurture ourselves as we balance our multiple roles and responsibilities. There will be time for exploring the characteristics of a variety of oils and ways to integrate them into daily life.

April 29, 2019 - Chakra Energy Centers

Our journey of understanding the many facets of Essential Oils continues with an exploration of essential oils that are a support for our Chakra Centers. During this session There will provide an overview of the twelve chakra's and the essential oils that are most appropriate for each. Together we will learn new ways to bring balance and wholeness to our lives. Our evening together will provide time for questions and also experiencing samples of Young Living Essential Oils. *This session is good compliment to "The Gifts of the Chakras", which meets monthly September thru April - but attendance at that program is not required.*

\$25/session • Registration required by noon on day of program



About Our Facilitator...

There is a licensed Massage Therapist in the State of Illinois and has Certifications in Cranial Sacral Therapy and Arvigo Maya Abdominal Therapy. She is also a clinical aromatherapist and loves sharing the connection of Essential Oils as companions in life. There continues to study Peruvian Shamanic Healing Practices and enjoys sharing rituals from the Peruvian Tradition as a form of prayer. She holds a Master's of Education from Northern Illinois University. Her publications, teaching, and workshops allow people to understand the significance of women's theological and spiritual contributions to the Christian tradition historically, helping to empower them in their own work.



Register online at www.taucenter.org

Tau Center, 26W171 Roosevelt Road, Wheaton, IL 60187