



*Every
Participant
Will Receive A
FREE
Essential Oil
Sample*

**Saturday
March 4th @ 11am
Eight Lotus Yoga**

2180 McCulloch Blvd #102
Lake Havasu City, AZ

An Introductory To Essential Oils/Aromatherapy

By Dr. Linda Marquez Goodine

Discussion to Include:

- What are essential oils
- How they work
- How to use them to boost your health naturally
- Learn which oils have been used for different ailments like:
 - ✓ Headaches
 - ✓ Upset stomach
 - ✓ Muscle aches, cramps, pain
 - ✓ Cut, bruises
 - ✓ Sprains
 - ✓ Cold
 - ✓ Memory/Concentration

RSVP AT 928-680-7353

LOOK FOR US ON FACEBOOK