



# doTERRA®

## EPIC Renew<sup>o</sup>ils



## Class Schedule for December 2014

### doTERRA Holiday Make & Take!

When: Thursday, December 11 @ 7:00pm

Where: Hypnotherapy by Jenny office, 1694 W Hibiscus Blvd, Suite A, Melbourne

Join us for a fun night of holiday cheer to learn some recipes and make your own amazing natural gifts or stocking stuffers using oils from doTERRA! We'll have some treats with the oils incorporated to munch on, holiday music. Roller balls and spray bottles will be available. Please be prepared to pay \$5 per gift you make to cover supplies.

### AromaYoga with doTERRA

When: Tuesday, December 16 @ 6:30pm

Where: Unity of Melbourne, 1745 Trimble Rd, Melbourne 32934



The winter holidays were designed for us to focus our attention on deepest emotional and spiritual feelings. Throughout western history, the deep months of winter were ones of rest and relaxation, free from harvesting and planting. Families shared the Christmas hearth together, with evergreen trees adorned with candles, rejoicing the new life in Jesus Christ and the promise of the upcoming Spring. But, in the current swirl of commercial and social pressures, it's easy to forget the meaningfulness behind what Christmas truly is meant to be.

Join Allison in a candlelit, slow and restorative yoga circle. Gentle Hatha yoga poses will flow with relaxing music with plenty of time for reflection. Seasonal Biblical scriptures will be peppered in with a few poignant Christmas poems. DoTERRA frankincense and myrrh essential oils will add to the aromatic and therapeutic experience. All participants will be given an individualized and specific Affirmation at the culmination of Shavasana, or Final Resting Pose. A delightful handout suggesting seventeen simple mantras that can help you through the reality of our stressful Holiday Season will be gifted to you. From Everyone Is Doing Their Best to Compassion Can Get Me Through Anything, there will be a mantra that will speak to you.

This class is appropriate for a first-time yoga experience, beginners, or experienced people who want a gentle and meaningful experience. A \$5 donation would be appreciated.

\*To attend any of these classes, please RSVP to Jenny Battig at [jenny@epicrenewal.com](mailto:jenny@epicrenewal.com) or 321-345-8971 OR Allie Pojanowski at [allisonpg@gmail.com](mailto:allisonpg@gmail.com) or 321-704-2885 to ensure that we have enough seating and materials available. To order or enroll you can go to [www.mydoterra.com/epicrenewal](http://www.mydoterra.com/epicrenewal) or for more info check out [www.hypnotherapybyjenny.com](http://www.hypnotherapybyjenny.com)