



# Essentials for Yoga

Move  
Breathe  
Nourish  
Feel

**Contact:**

**Research:**  
<http://sourcetoyou.com>



## YOGA yo.ga | yōgə |

To 'yoke' the mind and body to help the practitioner achieve union with his or her own divine nature/spirit. The purpose of yoga is to strengthen the body, calm the nervous system, bring flexibility not only to the spine but to the mind, and quiet the thoughts enough to connect the yogi more deeply to his or her spiritual center.

## ESSENTIAL OILS

Plant extracts known for their medicinal and therapeutic benefits. Scientific studies today support the use of essential oils to enhance traditional Western medicine and holistic approaches to wellness. They are made up of organic compounds or constituents with curative properties that powerfully and instantly activate physical and emotional relief.

### CERTIFIED PURE TESTED GRADE ESSENTIAL OILS

To achieve the many healing benefits outlined in this guide always use essential oils that are Certified Pure Tested Grade. This ensures that the essential oils are:

- **Safe** - Contains no pesticides, other chemical residues, fillers or artificial/synthetic compounds
- **Potent** - Are subjected to additional testing to make certain that proper plant extraction and distillation have resulted in the correct composition of constituents found in each oil for its expected medicinal properties.
- **Pure** - Are harvested at the right time, from the right species or plant part that has been grown in its optimal native environment and distilled under the correct conditions.





**HOME TEST:** Compare the smell of a Certified Pure Tested Grade essential oil to another grade of essential oil. Pure essential oils smell clean, crisp and have a balanced fragrance profile; they absorb into the skin quickly and never leave the skin feeling oily or sticky.

## How To Use Essential Oils In Yoga

- A** **Aromatically:** Inhale directly from the bottle, apply 2-3 drops to hands, create a tent over the nose and mouth and breathe deeply, place 3-7 drops in a diffuser or humidifier, spritz onto tissue or cotton ball, or eye pillow. Immediately stimulates the parasympathetic system to calm and balance emotions and energy level.
- I** **Internally:** Add 1-5 drops to 120ml of liquid; incorporate into your favourite recipes; place 3-5 drops in a veggie capsule; place drops directly into mouth. Create a healthy body from the inside out. Do not take hot oils (oregano) directly into mouth.
- T** **Topically:** Place 1-3 drops to the affected area; adding massage and heat will drive the healing benefits deeper into the body. Immediately goes into the bloodstream when applied to the skin.



### Lemon **A I T**

- Awaken & rejuvenate during a morning practice by applying to reflex points and/or diffuse in room.
- Sanitise yoga mats (10 drops to small spray bottle, spray on mat, let sit for a min, wipe clean with towel)
- Add to water and drink for healthy liver and kidney function.



### Lavender **A I T**

- Place across forehead and inhale aroma during final relaxation.
- Diffuse to create a safe, peaceful and loving environment.
- Apply to reflex points to lower anxiety, stress, promote emotional balance and help focus.
- Relieve and heal burns quickly.



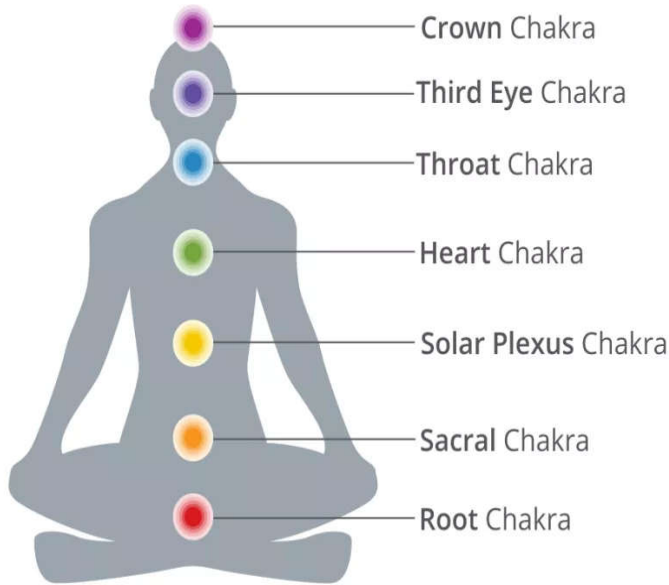
### Peppermint **A I T**

- Place on sore, tight and injured muscles, joints, ligaments etc
- Quickly energise by placing to roof of mouth, top of mat, temples and forehead for headache relief.
- Inhale to bring awareness to breath.
- Add 1 drop to water to help with digestion and sinus issues.



### Active Blend **A I T**

- grapefruit, lemon, peppermint, ginger, cinnamon
- Add 5 drops to 500ml of water and drink throughout the day to help control hunger and cravings.
  - Increase metabolism and stamina, reduce appearance of cellulite by applying topically to concerned areas.
  - Promote healthy digestion and balance insulin levels.



## CHAKRA chak.ra | CHäk-rø |

Energy centres or ‘wheels’ that lie along the spine and represent different levels of consciousness. They serve to link the subtle body to the physical body. When these energy clusters become blocked, unbalanced, or are too open and run on overdrive our overall health and wellness are compromised.

## ESSENTIAL OILS BALANCE CHAKRAS

Along with the inherent properties of Certified Pure Tested Grade essential oils.

- **Antibacterial, Antiviral & Antiseptic** - Clove, Protective Blend, Geranium, Oregano
- **Antioxidant** - All Citrus oils, Thyme, Rosemary, Peppermint
- **Anti-Inflammatory** - Frankincense, Basil, Bergamot, Myrrh
- **Anti-Fungal** - Cleansing Blend, Tea Tree

They also have the highest vibrational frequency of any natural substance on earth and dispel low vibration pathogens so that they can't survive. This dramatically creates healthy chakra vibration, restoring health to the body, clarity to the mind, and peace to the spirit.



**Self-Assesment** - Most common are multiple-choice questions which can be found online and in chakra workbooks.

**Muscle Testing** - Done with a partner or by yourself. This taps into the subtle body and allows the subconscious to distinguish between true and false statements. The most common is the arm test and the backwards/forwards lean test.

**Pendant/Pendulum** - Any object dangling from a chain, including a crystal or gemstone. Place over the chakra points about 6-12 inches away from the body. Wait for about 10 seconds. Make note of the spin, speed and shape.

**Interpretation** - Prior to any chakra assessment it is important for the reader to release expectations or attachment to the outcome, even open to discovery.

A healthy chakra usually spins clockwise. However, a counter-clockwise spin may mean processing of change is occurring. Look for consistency between chakras and what happens after applying essential oils.



**Shape** - Healthy chakras will be uniform and hand sized. Shifts to the left indicate feminine issue; right masculine issues; bottom physical realm tendency; top spiritual realm tendency.

**Spin** - Lower chakras are slower than higher seals; slow and sluggish indicates depression, overuse or fatigue; too fast indicates anxiety or overcompensation.

# BALANCE THE CHAKRAS WITH ESSENTIAL OILS



## STEP ONE: Assess the health of the chakras

- Using self-assessment, Muscle Testing or Pendant/Pendulum



## STEP TWO: Protective Blend A I T wild orange, clove, cinnamon, eucalyptus, rosemary

**LOCATION:** Top of head and inhale aroma

**BENEFIT:** Create a safe and secure space for processing and healing

### OTHER USES:

- Boost immune system
- Treat viral and bacterial infections
- Prevents and inhibits growth of MRSA
- Cols and Flu symptoms
- Repels negative energy
- Maintains healthy boundaries



## STEP THREE: Massage Blend A I basil, grapefruit, cypress, marjoram, lavender, peppermint

**LOCATION:** Bottoms of feet and inhale aroma

**BENEFIT:** Creates an open mind and heart flexible to change & processing

### OTHER USES:

- Diffuse during restorative yoga to calm and reduce anxiety
- Relax and relieve tense muscles
- Neuropathy
- Restless leg syndrome
- Anti-Inflammatory properties enhance massage to heal physical body
- Cold and flu symptoms
- Repels negative energy



## STEP FOUR: Place essential oils on chakra points

- Apply to chakra points that are not balanced & inhale aroma
- Re-test chakra point before moving on
- Avoid mixing oils by using different finger for each application



# CHAKRA POINTS



## 1. MULADHARA/ROOT CHAKRA | GROUNDING BLEND A T

**LOCATION:** Coccyx, perineum, legs, feet

**COLOUR:** Red **ELEMENT:** Earth

**PSYCHOLOGICAL FUNCTIONS:** Survival, Vitality, Reality, Grounding, Security, Support, Stability, Sexuality, Individuality, Courage, Impulsiveness

**IDENTITY:** Self preservation, physical: I Am

**EXCESSIVE TRAITS:** Greed, Hoarding, Heaviness, Fatigue, Obesity

**DEFICIENT TRAITS:** Restlessness, Fear, Undisciplined, Flighty, Underweight

**GROUNDING BLEND:** spruce, frankincense, blue tansy  
**BENEFIT:** Creates stability, connection with one's roots and the earth, grounds emotions and brings into balance the indulgent child.

**OTHER USES:**

- ADD/ADHD
- Anti-Inflammatory, mood stabiliser

**OTHER SUGGESTED ESSENTIAL OILS:**

- VETIVER or PATCHOULI



## 2. SVADHISTHANA/SACRAL CHAKRA | INVIGORATING BLEND A T

**LOCATION:** Lower abdomen

**COLOUR:** Orange **ELEMENT:** Water

**PSYCHOLOGICAL FUNCTIONS:** Feelings, Emotions, Intimacy, Procreation, Polarity, Sensuality, Confidence, Sociability, Freedom, Movement.

**IDENTITY:** Self gratification, emotional: I Feel

**EXCESSIVE TRAITS:** Moody, hyper-sensitivity, poor boundaries, sex addictions, urinary trouble.

**DEFICIENT TRAITS:** Poor social skills, depression, impatience, rigidity in beliefs, body and behaviour.

**INVIGORATING BLEND:** orange, lemon, grapefruit, mandarin, bergamot, tangerine, clementine, vanilla

**BENEFIT:** Brings your emotional and temporal wants and needs into balance; sensuality; creates healthy one on one relationships; sparks creativity.

**OTHER USES:**

- Antioxidant
- Cleansing
- Disinfect
- Mood enhancer

**OTHER SUGGESTED ESSENTIAL OILS:**

- CLARY SAGE or BERGAMOT



## 3. MANIPURA/SOLAR PLEXUS | DIGESTIVE BLEND A I T

**LOCATION:** Solar Plexus

**COLOUR:** Yellow **ELEMENT:** Fire

**PSYCHOLOGICAL FUNCTIONS:** Personal power, Will, Knowledge, Wit, Laughter, Mental clarity, Humour, Optimism, Self-Control.

**IDENTITY:** Self definition, ego: I Do

**EXCESSIVE TRAITS:** Hyperactive, aggressive, poor self-esteem, domineering.

**DEFICIENT TRAITS:** Poor digestion, passive, submissive, poor self-esteem, low energy.

**DIGESTIVE BLEND:** ginger, peppermint, tarragon, fennel, caraway, coriander, anise

**BENEFIT:** Self-confidence, will power, healthy digestion and ability to transform ideas into reality.

**OTHER USES:**

- Acid-reflux
- All digestive issues
- Sinusitis
- Heartburn

**OTHER SUGGESTED ESSENTIAL OILS:**

- CINNAMON or GINGER



## 4. ANAHATA/HEART CHAKRA | RESPIRATORY BLEND

A T

**LOCATION:** Centre of Heart

**COLOUR:** Green **ELEMENT:** Air

**PSYCHOLOGICAL FUNCTIONS:** Relationships, Love, Acceptance, Self-control, Compassion, Guilt, Forgiveness, Harmony, Peace, Renewal, Growth.

**IDENTITY:** Self acceptance, social: I Love

**EXCESSIVE TRAITS:** Chest pain, poor boundaries, jealousy, co-dependency, martyr.

**DEFICIENT TRAITS:** Critical, intolerant, lonely, lack of empathy, asthma.

**RESPIRATORY BLEND:** laurel leaf, peppermint, eucalyptus radiata, ravensara, tea tree, lemon

**BENEFIT:** Acceptance, love, compassion for others and yourself; to become fully engaged in life; the centre of the wise mind where the emotional mind and rational mind are equally accepted. The centre of the chakra system, it links the lower states of consciousness with the higher states of consciousness..

**OTHER USES:**

- All respiratory relief including asthma, bronchitis, sinuses and allergies.
- Relieves anxiety and stress

**OTHER SUGGESTED ESSENTIAL OILS:**

- GERANIUM or YLANG YLANG



## 5. AJNA/THROAT CHAKRA | WHISPERING BLEND

A T

**LOCATION:** Throat

**COLOUR:** Blue **ELEMENT:** Sound

**PSYCHOLOGICAL FUNCTIONS:** Communications, Wisdom, Speech, Trust, Creative expression, Spatial organisation, Caution.

**IDENTITY:** Self expression, creative: I Speak

**EXCESSIVE TRAITS:** Inability to keep confidences, excessive talking, stuttering, gossiping, thyroid issues.

**DEFICIENT TRAITS:** Secretiveness, fear of speaking, excessive shyness, weak or small voice, sore throat.

**WHISPERING BLEND:** patchouli, bergamot, sandalwood, cinnamon, vetiver, ylang ylang with absolutes of rose, jasmine, cocoa and vanilla.

**BENEFIT:** Ability to express inner voice, creativity, speak one's truth and communicate effectively with others.

**OTHER USES:**

- Hormonal balance
- Calming, relaxing
- Blends well with an individual's unique chemistry creating a custom perfume.

**OTHER SUGGESTED ESSENTIAL OILS:**

- ROMAN CHAMOMILE or BEASIL



## 6. VISHUDDHA/THIRD EYE | CALMING BLEND

A T

**LOCATION:** Brow

**COLOUR:** Indigo **ELEMENT:** Light

**PSYCHOLOGICAL FUNCTIONS:** Intuition, Invention, Psychic abilities, Perception, Understanding, Memory, Fearlessness.

**IDENTITY:** Self reflection, archetypal: I See

**EXCESSIVE TRAITS:** Difficulty concentrating, delusions, headaches/migraines, nightmares, excessive fantasising..

**DEFICIENT TRAITS:** Insensitivity, lack of imagination, denial, poor vision, skeptic.

**CALMING BLEND:** lavender, sweet marjoram, roman chamomile, ylang ylang, sandalwood, vanilla

**BENEFIT:** Developing & trusting your intuition, create stillness in thoughts for greater wisdom, perception and meditation.

**OTHER USES:**

- Calming
- Relieves anxiety, stress and tension
- Insomnia, sleep
- ADD/ADHD

**OTHER SUGGESTED ESSENTIAL OILS:**

- FRANKINCENSE or JASMINE





## 7. SAHASRARA/CROWN CHAKRA | JOYFUL BLEND

A T

**LOCATION:** Top of head

**COLOUR:** Violet **ELEMENT:** Thought

**PSYCHOLOGICAL FUNCTIONS:** Knowingness, Wisdom, Inspiration, Charisma, Awareness, Highest self, Meditation, Visionary

**IDENTITY:** Self knowledge, universal: I Understand

**EXCESSIVE TRAITS:** Dissociation from body, overly intellectual, confusion, senility, excessive attachments

**DEFICIENT TRAITS:** Limited beliefs, apathy, depression, learning difficulties, materialism.

**JOYFUL BLEND:** lavandin, tangerine, elemi, lemon myrtle, melissa, ylang ylang, osmanthis, sandalwood

**BENEFIT:** Expand beyond self and experience, true bliss, transcendence, spiritual connection, enlightenment or awakening of our full potential, state of mind not bound by time or space.

**OTHER USES:**

- Energising
- Stimulating
- Relieve lethargy
- Depression, grief or sorrow
- A popular blend used as a perfume

**OTHER SUGGESTED ESSENTIAL OILS:**

- MYRRH or SANDALWOOD



## ALL CHAKRAS | CLEANSING BLEND

A T

**CLEANSING BLEND:** lemon, lime, pine, citronella, tea tree, cilantro

**BENEFIT:** On chakra point that continues to stay unbalanced and inhale aroma. Re-test. If it continues to stay unbalanced move on as balancing nearby chakra points may fix this.

**OTHER USES:**

- Disinfectant and cleansing
- Allergies
- Antibacterial
- Bug bites
- Ear infections
- Mould and mildew



## HOW TO USE ESSENTIAL OILS WITH MEDITATION TO BALANCE CHAKRAS

Bring awareness to the chakras beginning with the Root Chakra and ending at the Crown Chakra.

Apply the recommended essential oil to the chakra point and inhale aroma deeply.

Become mindful of the healthy attributes of that energy centre.

Finally, quiet and still the mind to allow the inner guru to make manifest what is needed to bring balance and achieve inner peace and wholeness.



## HENNA

The powerful leaves of a tropical shrub, used as a dye to colour the hair and decorate the body.

**BASIC HENNA RECIPE** 24 hour curing time. Prepare one day before use.  
Yields 180g for 3-4 cones.

- ¼ cup or 20g fresh henna powder
- ¼ cup lemon juice
- 1 ½ tsp sugar
- 1 ½ tsp Certified Pure Tested Grade essential oil

**MIX** henna powder and lemon juice until consistency is like mashed potato

**ADD** sugar and combine until consistency is smooth and silky

**COVER** with plastic wrap, release any excess air, let sit in a warm place and allow the greenish colour to develop into a deeper, darker shade.

**READY** to use after 24 hours of curing. May need to add ¼ tsp of lemon juice at a time until consistency is like smooth yoghurt.

Store unused henna powder and henna paste in freezer for 6-12 months

Enjoy!



# HOW TO USE ESSENTIAL OILS FOR HENNAART

Only use Certified Pure Tested Grade essential oils that have high levels of monoterpene alcohols like linalool, citronellol and geraniol. This will produce a darker and deeper stain while boosting the immune system as these oils are naturally anti-bacterial, anti-fungal and antiseptic.



## EUCALYPTUS

- Relieve all respiratory issues
- Soothes joint and muscle pain
- Reduces fever
- Relieve mental and physical fatigue



## TEA TREE **A I T**

- Relieve skin irritations like eczema, rashes, acne and dry skin
- Anti-bacterial spray for wounds
- Sore throat
- Analgesic, anti-fungal and great cleansing properties



## GERANIUM **A I T**

- Considered the poor man's rose use for wounds of the heart
- Hormone balance
- Reduce bleeding
- Use as a deodorant as it covers up body odour effectively



## BASIL **A I T**

- Earaches, dizziness, nausea and bug bites
- Increases milk supply when breastfeeding
- Mental clarity
- Strong anti-inflammatory and anti-bacterial properties



## OTHER SUGGESTIONS

- Lavender **A I T**
- Cleansing Blend **A T**
- Protective Blend **A I T**
- Juniper Berry **A I T**
- Rosemary **A I T**



# HENNAAPPLICATION AND ART SYMBOLS

Allow henna paste to stay moist on skin for up to 8 hours - the longer the time, the deeper and longer lasting the stain. Keep paste moist by spraying a mixture of sugar, essential oil and water.

Can also cover design with medical tape, tissue, tape and plastic wrap. Flake off any paste still in contact after the allotted time.

## OM

Encompasses all the sounds of the universe. The past, the present and the future, all that was, all that is, all that will be is om.



## LOTUS

This flower grows from the bottom of streams and muddy ponds to rise above the water and bloom.

Represents being fully grounded in earth, yet aspiring toward the divine.



## MANDALA

Represents the universe and is defined as 'that which encircles a centre'.

Aids in meditation as one contemplates their connection to the divine and that which is infinite.



## HEART

Prayer hands are placed over the heart centre to always remind the yogi that it is the seat of compassion and unconditional love.



## HAMSA

Ward away evil for ultimate protection. The number 5 numerically represents change or change to come.

Signifies giving and receiving in balance and with authenticity.



Where there is JOY, there is HENNA. The more complex the pattern, the greater the celebration and fond wishes of luck.



## **AYURVEDA A·yur·ve·da | äyər vādə; -vēdə |**

It is 'the knowledge of life' or 'the science of life'. A traditional system of medicine based on the idea of balance in bodily systems and uses diet, herbal treatment and yoga breathing.

## **ASANA A·sa·na | äsənə |**

Postures performed in yoga. Benefits include keeping the body strong and flexible as well as the mind. Asana becomes a moving meditation and allows the yogi to practice living a balanced and joyful life off the mat.

Yoga is not about arranging our life so that it is perfect, easy and non-challenging, but rather it is about using the discipline we find in asana practice to be able to remain "easy" in the midst of difficulty and rejoice in the present.

## **DOSHA do·sha | dōshə |**

(IN Ayurvedic medicine) each of three energies, Vata, Pitta and Kapha, believed to circulate in the body and govern physiological activity. It is your physical constitution or disposition.

Our dominant dosha(s) often change as we age and experience life's up and downs. For this reason, like chakra balancing, it's beneficial to assess which dosha is unbalanced and bring it into a healthy state.

I surrender, please guide my thinking to a higher state.

"Law of Divine Compensation" by Marianne Williamson.



## HOW TO USE ESSENTIAL OILS TO BALANCE DOSHAS

Certified Pure Tested Grade essential oils work on the cellular level when used aromatically, topically or internally. They create immediate shifts physically and emotionally to bring the doshas into balance.

- A** **AROMATICALLY** Diffuse during asana practice and meditation.
- I** **INTERNALLY** Add to your favourite dosha balancing recipes. Place 1-5 drops in room temperature water to drink throughout the day.
- T** **TOPICALLY** Use during self-massage. Apply on reflex points to carry the scent throughout the day.

Mindfulness helps you go home to the present. And every time you go there and recognise a condition of happiness that you have, happiness comes. - Thich Nhat Hahn



# VATA

**ELEMENT:** Ether and Air

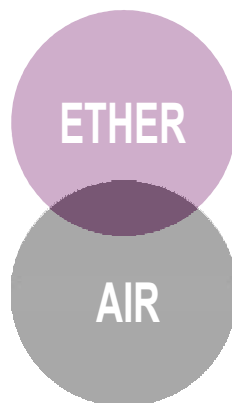
**CHARACTERISTICS:** Primary functions are movement in the body, activities of the nervous system and process of elimination. Thin, light frame, dry skin and hair, cold hands and feet, light sleeper and digestion can be sensitive.

**BALANCED STATE:** Energetic, creative, flexible and lively conversationalists.

**UNBALANCED STATE:** Prone to worry, anxiety, digestive challenges, weight loss, weakness and insomnia.

**ASANA:** Focus on linking breath with movement consistent practice schedule, effortless ujayii breath, incorporate singing, chanting and music, and emphasise connecting feet to the earth.

**OILS:** Earthy and grounding.



## VATA Single Oils

- Ylang Ylang
- Myrrh
- Frankincense
- Vetiver
- Patchouli
- Basil
- Cypress
- Thyme
- Helichrysum



## VATA Oil Blends

- Focus blend
- Grounding blend
- Blend for women
- Massage blend
- Joyful blend



## VATA FACE CREAM

- 30g cocoa butter
- 60g Almond or Sesame oil
- 3-4 drops Ylang Ylang essential oil
- Heat cocoa butter and carrier oil of choice until they melt. Add essential oils and let cool. Apply to face and neck as desired.



# PITTA

**ELEMENT:** Fire and water

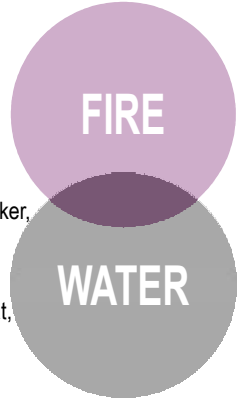
**CHARACTERISTICS:** Primary function is transformation and controls digestion, metabolism and energy production. Medium size and weight, hot, light, intense, acidic and have a fiery nature that manifests in both body and mind.

**BALANCED STATE:** Perfect digestion, abundant energy, good decision maker, teacher, have a sharp will, direct and often outspoken..

**UNBALANCED STATE:** Suffer skin issues, indigestion, excessive body heat, short-tempered and argumentative.

**ASANA:** Practice should be cooling, reduce the need for competition by creating a sense of challenge, cooling breath techniques, flow like water to cool heat and fire in the body, cultivate a one pointed mind.

**OILS:** Sweet and cooling



## PITTA Single Oils

- Lavender
- Clary sage
- Peppermint
- Geranium
- Lemongrass
- Lime
- Sandalwood
- Melissa
- Bergamot
- Cilantro
- Fennel
- Wild orange

A I T

## PITTA Oil Blends

- Calming blend
- Invigorating blend
- Joyful blend

A T

When you find peace within yourself you become the kind of person who can live at peace with others - Peace Pilgrim

## PITTA FACE CREAM

- 30g cocoa butter
- 60g Olive or Coconut oil
- 5-6 drops Sandalwood essential oil
- Heat cocoa butter and carrier oil of choice until they melt. Add essential oils and let cool. Apply to face and neck as desired.



# KAPHA

**ELEMENT:** Earth and Water

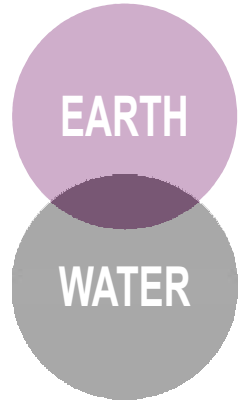
**CHARACTERISTICS:** Governs the structure of the body. It's primary function is protection. Strong build, excellent stamina, sweet, loving, stable, heavy and have an inherent ability to enjoy life.

**BALANCED STATE:** Strong, loyal, patient, supportive, have smooth and radiant skin, thick hair, sleep soundly and have regular digestion..

**UNBALANCED STATE:** Overweight, stubborn, sleep excessively, asthma, diabetes and depression.

**ASANA:** Active and warming to stimulate metabolism and circulation, sweating, linking breath and movement through vinyasa and awakens the mind.

**OILS:** Warming and Detoxifying.



## KAPHA Single Oils

- Oregano **A I T**
- Ginger
- Black pepper
- Grapefruit
- Lemon
- Wintergreen
- Rosemary
- Clove
- Cinnamon
- Tangerine
- Eucalyptus

## KAPHA Oil Blends

- Respiratory blend **A T**
- Soothing blend
- Joyful blend
  
- Detoxifying blend **A I T**

## KAPHA FACE CREAM

- 30g cocoa butter
- 60g Extra Virgin Olive or Sunflower oil
- 3-4 drops Rosemary essential oil
- Heat cocoa butter and carrier oil of choice until they melt. Add essential oils and let cool. Apply to face and neck as desired.

# HEALTHY FROM THE INSIDE OUT

It is beneficial to detox the body with gentle methods rather than severe protocols. Dramatic detox regimens cause too much chaos at one time for the body and mind to release toxins without harsh side effects.

## HOW TO USE ESSENTIAL OILS IN A DETOX FLOW YOGA CLASS

This yoga practice along with Certified Pure Tested Grade essential oils is an effective and gentle method to eliminate toxins within the body. A morning practice is recommended.

**DETOXIFYING ESSENTIAL OILS:** Choose only 1-2 essential oils per class



### LIME

A I T

- Stimulating and refreshing
- Bacterial infections, colds, flu
- Antioxidant, cleansing
- Disperses discouragement, instills heart of courage & happiness



### MELISSA

A I T

- Calming especially in conditions of trauma and shock
- Cold sores, viral infections
- Reduces blood pressure
- Helps boost memory



### GRAPEFRUIT

A I T

- Reduces water retention, lowers blood pressure and bad cholesterol levels
- Brings blood to the surface to heal ligament and tissue damage
- Uplifts mood, relieves depression and anxiety



### DETOXIFYING BLEND

A I T

- clove, grapefruit, rosemary, geranium
- Supports organ cleansing and healthy tissue function
  - Endocrine support
  - Hormonal balance
  - Improve skin and hair



### GRAPEFRUIT

A I T

- Supports elimination processes of the body
- Reduces appearance of cellulite
- Antioxidant fights free radicals
- Energising and mood enhancer



### OTHER SUGGESTIONS

- Lemon A I T
- Cleansing Blend A T
- Wild Orange A I T
- Bergamot A I T



### **STEP ONE: Spray Room**

- Spray room with Cleansing Blend (5 drops of essential oil to 120ml water) to remove negative and stagnant energy. Be mindful of those with scent sensitivity and make adjustments as needed.
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### **STEP TWO: Inhale Oils**

- Place essential oils on hands and create a tent over the nose and mouth to inhale aroma and set the intention for clearing space physically, mentally and emotionally. Place 1-2 drops over liver or kidneys.
- 



### **STEP THREE: Breathing Exercises**

- Breath exercises to help become centred - Kapalabhati (alternating short, explosive exhales and slightly longer passive inhales) for 1-3 minutes; followed by 10-15 rounds of nadi shodhana (alternating nostril breathing).
- 



### **STEP FOUR: Asana (See illustrated guide)**

- Link movements with breath. Add extra vinyasa series where needed to link progression from one flow to another.
- 



### **STEP FIVE: Final Relaxation**

- In final relaxation apply 1-2 drops of essential oil across forehead and inhale deeply. Finish class by drinking water with the Detoxifying Blend or a citrus oil. Continue to drink plenty of water throughout the day, at least 2 litres.



CAT



AND COW FLOW 3-5X



SPINAL BALANCE  
EACH SIDE



ALL FOURS  
FLOWING TWIST



CHILD'S POSE



KNEELING PLANK



KNEELING CROCODILE FLOW 3-5X



DOWN DOG



KNEELING LUNGE



HAMSTRING STRETCH  
FLOW EA. SIDE 3-5X



SUN  
SALUTATION B



FORWARD  
FOLD



PLANK



CROCODILE



UPWARD DOG



DOWN DOG



WARRIOR 1



TWISTING LUNGE  
FLOW EA. SIDE 3-5X



WARRIOR 1



WARRIOR 2



REVERSE WARRIOR



WARRIOR FLOW  
EA. SIDE 3-5X





PRAYER TWISTING LUNGE



HALF MOON BALANCE



STANDING HAND TO BIG TOE



STANDING TWIST EA, SIDE 3-5X



LOCUST



HALF BOW EA, SIDE



CAMEL



LION'S BREATH



BUTTERFLY



BOAT POSE  
FLOW 3-5X



WIDE TOE BOAT



COW FACE EA, SIDE



TURKISH TWIST  
EA, SIDE



LYING CRADLE THE BABY



OR FIGURE 4 EA, SIDE



BRIDGE



OR MODIFIED BRIDGE



LYING SPINAL TWIST EA, SIDE



FINAL RELAXATION

# MOOD SHIFTING

There are a myriad of stimuli that trigger emotions; unhealthy diet, traumatic experiences, negative self talk, hormonal imbalances, limiting beliefs etc. When our moods become an obstacle for the body to heal and the mind to be at peace there are natural, effective remedies.

## STIMULATING THE PARASYMPATHETIC NERVOUS SYSTEM

When the PNS is activated it acts as a 'reset' button communicating to the rest of the body to turn off the fight or flight response and return bodily functions to normal, healing mode. Not only do we feel more relaxed but also receive a boost to the immune system, repair brain tissue, regenerate cells throughout the body, repair and build organs, or in other words the body can begin to heal itself.

## VAGUS NERVE

This very long nerve running from the hypothalamus area of the brain, chest diaphragm and to the intestines wraps around the heart and core area - areas traditionally considered to be the seat of intuition and compassion. When stimulated it activates the PNS. These very easy and effective methods activate the Vagus Nerve.

**DEEP BREATHING** - Reduce breath to 5-7 times per minute; incorporate 3 part diaphragmatic breathing; rhythmic pattern with exhales longer than inhales.

**OM CHANTING** - Prolonged ō for 5 seconds; blend ōm for 5 seconds, prolonged M for 5 seconds. Repeat from beginning and continue chanting for 10 minutes.

**CERTIFIED PURE TESTED GRADE ESSENTIAL OILS** - The previous 2 methods are like using dial up to connect to cyberspace. This method is like a wi-fi connection that delivers the message instantly from the Vagus Nerve to the PNS.

<http://www.ncbi.nlm.nih.gov/pubmed/6467039>. These results suggest the existence of a vagus nerve olfactory bulb pathway.



## HOW TO USE ESSENTIAL OILS & YOGA IN MOOD SHIFTING

Only use 1-2 different essential oils at one time, especially when working with extreme trauma like PTSD so as to avoid confusion and facilitate healing. For sensitivities, diffuse essential oil in room about 30-45 minutes beforehand. The essence of the essential oil will remain without a strong scent. Begin by working with the dominant emotion first then correct the imbalance.

*[Yoga Snack A 10-15 minute flow using only about 3-4 asana]*

**EMOTION:** Anger/Rage | **DOSHA:** Pitta

**YOGA SNACK:** Sun Salutation by Standing Leg Balances; Shoulder Stand, Bridge, Supine Spinal Twists.

### RECOMMENDED OILS:



#### HELICHRYSUM

A I T

- Stops bleeding
- Uplifting to the subconscious, calm feelings of anger
- Bruises
- Varicose veins
- Natural sunscreen



#### MARJORAM

A I T

- Promotes peace and sleep
- Bone spurs, cartilage injury, arthritis
- Cramps, charley horses
- Colic



#### TANGERINE

A I T

- Calming and sedating to the nervous system
- When combined with marjoram essential oil, soothes emotions such as grief, anger & shock
- Antioxidant, flavour enhancer



#### YLANG YLANG

A I T

- Alleviates feelings of anger, calming and relaxing
- Enhances relationships, influences sexual energy
- Stimulates adrenal glands
- Hair loss
- High blood pressure

**OTHER SUGGESTIONS:** Calming Blend A T Geranium A I T Lavender A I T Peppermint A I T Whispering Blend A T

**EMOTION:** Anxiety/Stress | **DOSHA:** Vata

**YOGA SNACK:** Vinyasa of Standing Poses; Forward Folds with an awareness of connecting with the earth; Bring breath and space into the joints; Pay attention to correct alignment.

**RECOMMENDED OILS:**



### BERGAMOT

A I T

- Uplifting, refreshing, relieve anxiety, depression, stress and tension
- Sedative
- Colic
- Rheumatoid arthritis
- Increases metabolism



### FOCUS BLEND

A T

amarys, patchouli, frankincense, lime, ylang ylang, Hawaiian sandalwood, Roman Chamomile

- Improves concentration, promotes calmness & balanced state of mind
- Passes the blood-brain barrier to reach the cells of the brain
- ADD/ADHD
- Reduce anxiety, nervousness



### ORANGE

A I T

- Oil of abundance
- Antioxidant
- Calming, promotes a happy feeling, relieves anxiety and depression
- Heart palpitations, nervousness, withdrawal
- Insomnia, sluggish digestion



### RESPIRATORY BLEND

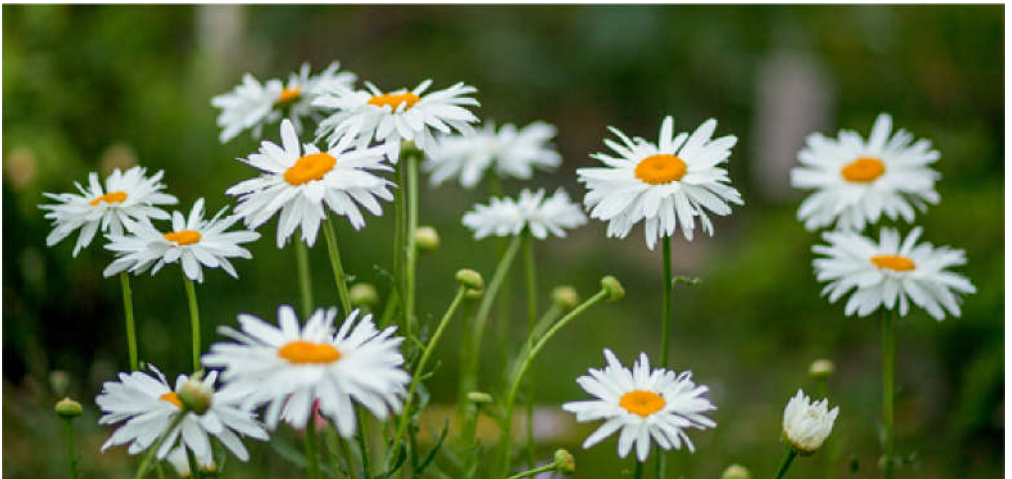
A T

laurel leaf, peppermint, eucalyptus radiata

- All respiratory relief including asthma, bronchitis, sinuses and allergies
- Relieves anxiety, stress
- Fosters feelings of love and acceptance

**OTHER SUGGESTIONS:** Basil A I T Joyful Blend A T Grounding Blend A T

Massage Blend A T



**EMOTION:** Lethargy/Depressed | **DOSHA:** Kapha

**YOGA SNACK:** Vigorous Vinyasa of Standing Poses; Sun Salutation A & B; Back Bends; Standing Back Bend; Cobra; Locust; Bridge; Camel; Wheel; Morning Practice.

## RECOMMENDED OILS:



### FRANKINCENSE A I T

- Improves concentration, eases hyperactivity and irritability
- Enhances meditations and spiritual awareness
- Powerful anti-inflammatory, crosses the blood-brain barrier
- Alzheimer's disease
- Warts, moles, wrinkles, cold sores



### JASMINE A I T

- Promotes powerful, inspirational relationships
- Helps increase intuitive powers and wisdom
- Sensitive skin
- Pink eye
- Hoarse voice

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**OTHER SUGGESTIONS:** Calming Blend A T Geranium A I T Lavender A I T

Peppermint A I T Whispering Blend A T

## CARRIER OILS

Carrier oils allow the skin to absorb essential oils slower and allow for distribution of properties, heat (for hotter essential oils) and content.



### FRACTIONATED COCONUT OIL I T

- Anti-bacterial, anti-fungal and antiviral
- Stable and won't go solid or rancid
- Lipophilic, makes a great moisturiser
- Odourless, colourless, non-staining, non-greasy



### OLIVE OIL I T

- Hair conditioner
- Strong, pleasant aroma
- High vitamin and mineral content
- Lubricant



### SESAME OIL I T

- Antibacterial and antiviral
- Reduce plaque and whiten teeth
- Great for oil pulling
- Boosts collagen production for skin elasticity and smoothness



### SUNFLOWER OIL I T

- Antioxidant, phytochemicals fight free radicals and boost memory
- Prevents hair breakage and thinning
- lower levels of LDL cholesterol
- Very light and rich in vitamin E

# DIY RECIPES

## MAT CLEANER

- Water
- 15-20 drops Protective Blend or Cleansing Blend
- 500ml Spray bottle

**MIX** water and choice of essential oil in spray bottle

**SHAKE** to mix

**SPRAY** on mat and let sit 1-3 minutes

**WIPE** off with clean towel



## LAVENDER EYE PILLOW

- 1/3 to 1/2 cup dried lavender flowers
- 1/4 cup flax seed
- 5-7 drops lavender essential oil
- 2 x 200mm x 100mm pieces of fabric

**SEW** fabric together leave one short side open to fill

**FILL** with lavender flowers and flax seed

**PLACE** drops of lavender oil on inside of pillow

**CLOSE** open side with machine or hand sewing



## CLASS DIFFUSER BLENDS

- 5 drops Wild Orange + 3 drops Peppermint
- 5 drops Grapefruit + 1 drop Joyful Blend
- 3 drops Frankincense + 2 drops Roman Chamomile + 1 drop Wild Orange
- 4 drops Grounding Blend + 1 drop Invigorating Blend
- Experiment and create your own custom blend





# RECOMMENDED ESSENTIAL OILS FOR THE YOGI

Opening a wholesale account and ordering via a loyalty rewards program is the most economical way to purchase high quality essential oils.

When opening an account, the following suggested kits will offer an opportunity to purchase products at the greatest value and savings.



## **PREMIUM STUDIO KIT and Wholesale Account**

**\$771.75 plus \$7.95 post**

### **Nature's Solution Kit plus 6 oils**

- 15ml essential oils: Digestive blend, Cleansing blend, Tea Tree, Oregano, Massage blend, Frankincense, Calming blend, Respiratory blend, Joyful blend, Lavender, Lemon, Peppermint, Metabolic (Active) blend, Lemongrass and Protective blend
- 10ml Roll-on: Tension Blend and Monthly blend
- 5ml essential oils: Soothing blend
- Soothing rub, Correct X, Fractionated Coconut oil, Respiratory stick, Protective toothpaste, Protective hand wash and Protective beadlets
- Diffuser, Wooden Box and 10 sample vials
- 6 extra oils 15ml: Grounding blend, Eucalyptus, Wild Orange, Grapefruit, Marjoram and Lime



## **NATURAL INSTRUCTOR KIT and Wholesale Account**

**\$708.00 plus \$7.95 post**

### **Nature's Solution Kit plus 3 oils**

- 15ml essential oils: Digestive blend, Cleansing blend, Tea Tree, Oregano, Massage blend, Frankincense, Calming blend, Respiratory blend, Joyful blend, Lavender, Lemon, Peppermint, Metabolic (Active) blend, Lemongrass and Protective blend
- 10ml Roll-on: Tension Blend and Monthly blend
- 5ml essential oils: Soothing blend
- Soothing rub, Correct X, Fractionated Coconut oil, Respiratory stick, Protective toothpaste, Protective hand wash and Protective beadlets
- Diffuser, Wooden Box and 10 sample vials
- 3 extra oils 15ml: Grounding blend, Repellant blend and 10ml Roll-on Topical blend



## **ESSENTIAL PRACTITIONER KIT and Wholesale Account**

**\$330.00 plus \$7.95 post**

### **5ml Essentials Kit plus Smart and Sassy**

- 15ml essential oils: Lavender, Respiratory blend, Digestive blend, Protective blend, Lemon, Peppermint, Tea Tree, Oregano and Frankincense
- 5ml essential oils: Soothing blend.
- Diffuser

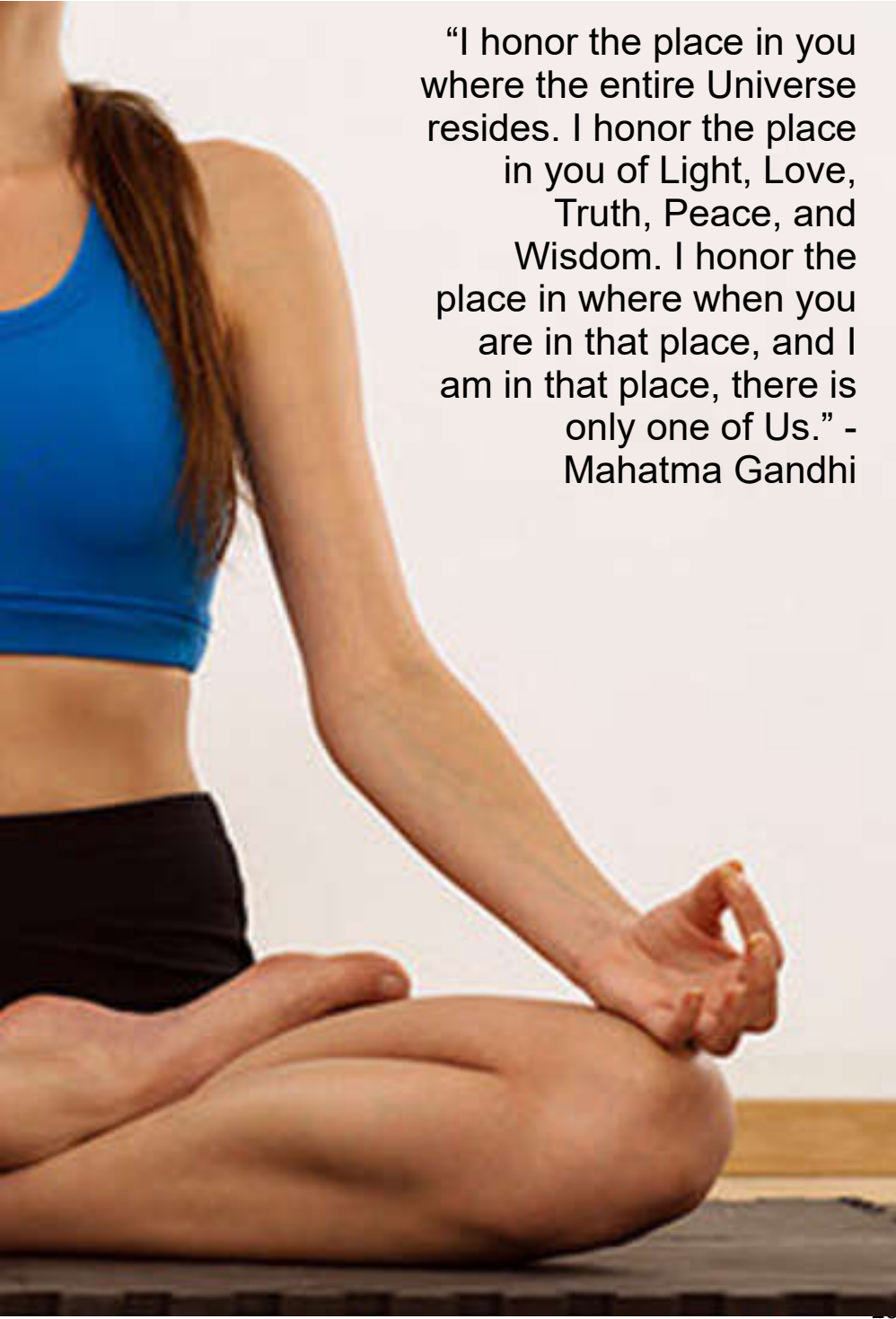


## **STARTER STUDENT KIT and Wholesale Account**

**\$174.00 plus \$7.95 post**

### **5ml Essentials Kit plus Smart and Sassy**

- 5ml essential oils: Lavender, Respiratory blend, Digestive blend, Protective blend, Lemon, Peppermint, Tea Tree, Oregano, Frankincense and Soothing blend.
- 15ml essential oils: Active blend (prev. Metabolic blend)



“I honor the place in you  
where the entire Universe  
resides. I honor the place  
in you of Light, Love,  
Truth, Peace, and  
Wisdom. I honor the  
place in where when you  
are in that place, and I  
am in that place, there is  
only one of Us.” -  
Mahatma Gandhi