

Opening the Heart with Young Living Essential Oils,
Kundalini Yoga, Meditation, and Gong Bath
Hosted by Stacey Vann, Pamela Hunter & Vani Kimbrell



**The Anahata (or Heart) Chakra is the seat of love
and compassion for self and others.**

An opened and balanced Heart Center bestows wisdom, nobility, success, fulfillment of desires and a strong immune system. As we surrender the head, allowing the heart to guide our decisions, we attain serenity and clarity; attract appropriate relationships, events, opportunities and abundance. Learn how to work with a process of releasing stored emotions by the application of therapeutic grade essential oils and Kundalini Yoga & Meditation. . Empower and support the unfolding of the lotus blossoms of the heart with a fabulous heart chakra set. Enjoy an afternoon of bliss with scents and sounds!

By identifying specific emotions and applying corresponding essential oil blends to meridian points, we will then practice a meditation to deepen our emotional release process. We will begin to remove our trauma stored inside our cells allowing our ability to live from the present and increasing our overall positivity and happiness. Combining the essential oils with specific kriyas & meditations will increase our capacity to release the negative emotional patterns and redirect our feelings into positive expression, thus ultimately shifting our awareness into the neutral space.

DATE/TIME: Sunday, November 9th, 2008

10:00am – 12:30pm

**LOCATION: Abhaya Yoga Center
415 a N. Tarragona Street**

Cost: \$30.00