

# Getting Ready for Summer with Essential Oils



Wednesdays 11:30 am – 1:00 pm

Come learn how dōTERRA essential oils can support health and reduce your exposure to everyday toxins.

These classes are designed for essential oil newbies as well as those who already use them.

Participants will have hands-on experience with several of dōTERRA's essential oils.



**May 30<sup>th</sup>**

**Favorite Summer Oils**

**June 13<sup>th</sup>**

**Bug Out: Protecting  
against summer pests**

**June 20<sup>th</sup>**

**Oils for Managing Pain &  
Inflammation**

To register, contact The Yoga Center at (207)-774-9642