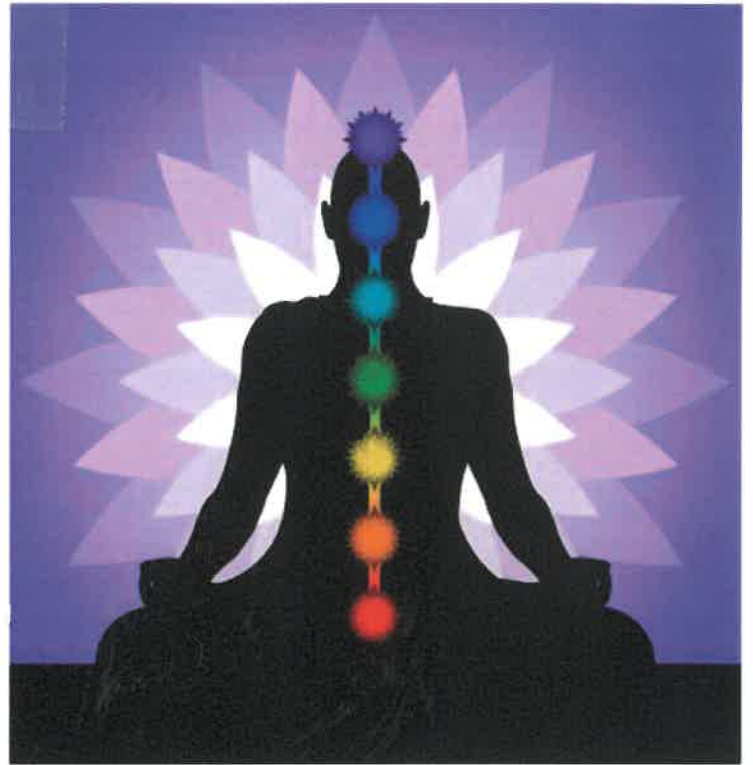


# Aromatherapy Yoga and The Chakras

May 4, Sat. 2-4 pm

**The Yoga Center**  
449 Forest Ave, Portland  
[www.maineyoga.com](http://www.maineyoga.com)



Join us for this relaxing Yoga class led by Jennifer Cooper, in partnership with Jennifer Tarling as we highlight the use of doTERRA essential oils to deepen and accelerate the effects of your yoga practice.

In this workshop we will visit each of the seven chakras with a yoga asana and an essential oil to enhance the energy associated with each chakra. This workshop will be informative and experiential. If you are curious about the chakras, yoga or aromatherapy you will enjoy this workshop.

There is a lot of information to cover so we will be available after class if you are interested in learning more about the oils.

**Workshop Fee: \$20**

Currently enrolled students, only \$15.

Bring a friend and you both pay only \$15.

Call 774-YOGA (9642)  
or e-mail [info@maineyoga.com](mailto:info@maineyoga.com)  
to register

The *Yoga*  
Center