

Please note these statements have not been evaluated by the Food and Drug Administration nor Health Canada. This event is for informational purposes only and is not intended to diagnose, treat, cure or prevent disease.

I used the “Essential Oils Pocket Reference” by Life Science Publishing (<http://amzn.to/1GTx05Z>), ylsearch.com, and personal testimonials for our references.

This booklet will share information on how essential oils can enhance your yoga and meditation practice to improve overall health and wellness.

Meditation Benefits

Meditation is an experience that engages your mind and can offer both relaxation and energizing benefits. It develops a mind-body connection that encompasses fitness, health, and wellness. Essential Oils are a great way to further deepen that connection and ignite your inner senses. Meditation exercises when practiced regularly can be powerful, calming the nerves and bringing the mind to a restful state. [Research is showing that meditation may physically change the brain and the body](#) and can potentially improve health and promote healthy behavior.



How Essential Oils Work

Of the five senses, our sense of smell is the most primitive and most closely associated with our emotions and how our body respond to them. Essential oils can activate the limbic region of the brain to release emotions that are stored there, including emotions that have been stored in our DNA from previous generations.

Together with a balanced diet, nutrition, adequate exercise and water, Aromatherapy can help you achieve a healthier, more balanced lifestyle. It can become a part of your daily routine and when paired with other mind body exercises can also help to gently access the deeper, unconscious levels of physical process, including the release of habitual tensions and emotional blocks.

How to Essential Oils can enhance meditation and yoga practice

Essential oils are a great tool for deepening your meditation or yoga practice. One of the ways to help you enter a meditative state is to use essential oils that bring focus, clarity, relaxation and spiritual connection. You can choose a single oil that your intuition tells you

is perfect for you in this moment, or you can choose or create your own blends that help you relax.

Because of their thousands of benefits, essential oils are able to stimulate deep breathing, therefore improving this aspect of your yoga practice. The practice of yoga includes holding postures (asanas) and observing prana (life force energy) in the body to strengthen the connection we have to the energy flow in our bodies. Essential oils are known to aid in this process, and further support the practice of yoga through aromatherapy. Simple ways to use essential oils during yoga and meditation practices are to apply essential oils topically at specific points such as the wrists, behind the ears or the third-eye or heart chakra, or use a diffuser.

The quickest ways to bring your body back into balance is through natural therapies such as Aromatherapy, Meditation and Reiki. Both meditation and essential oils help to stimulate the parasympathetic and sympathetic nervous systems. When paired together they do wonders for managing emotional wellness and releasing negative thoughts and feelings. The more these tools are used, and in conjunction with each other, the quicker we can stimulate the relaxation response when we find our self in a stressful situation.

Essential Oils for Grounding

- **Frankincense**
- **Lavender**
- Patchouli
- Clove
- Cinnamon
- Clary Sage
- Ginger
- Cypress
- Palo Santo
- Sandalwood
- Cedarwood
- Myrrh
- Vetiver

Essential Oils for Uplifting

- Bergamot
- Grapefruit
- **Lemon**
- Lime
- Orange
- **Lavender**
- Ylang Ylang
- Lemongrass
- Rosemary
- Geranium
- **Peppermint**
- Citrus Fresh

Essential Oils for Restoration & Relaxation

- **Frankincense**
- Sandalwood
- **Lavender**
- Peace & Calming & Peace & Calming II
- Chamomile
- Myrrh
- **Stress Away**
- Valor & Valor II
- Joy
- Rose
- Vetiver
- Orange

Young Living Blends to compliment meditation and yoga

- Faith
- Clarity
- Believe
- Inspiration
- Envision

- Harmony
- Gratitude



Yoga Mat Spray Recipe

Yoga Mat Spray Recipe:

- Glass Spray Bottle (<http://amzn.to/2gOrCYe>)
- Choose Your Favorite Essential Oils such as: Tea Tree, Purification, Citrus Fresh, Lavender & Lemon.
- 4 oz Water

Mix in a spray bottle and add 6-8 drops of your favorite essential Oils. Use this spray on your mat as an aromatic boost before class or to clean your mat after your practice.

Zen Roll-on

- Organic Fractionated Coconut Oil (<http://amzn.to/2xOYz1l>)
- Glass Roll-on Bottle (<http://amzn.to/2xN7s6z>)
- Essential Oils of your choice: Ylang Ylang, Lavender, Frankincense, Geranium

Keep this roll-on in your yoga or gym bag and roll-on the wrists, temples and/or back of the neck.

Resources

<http://yogimami.com/meditation/>

<http://yogimami.com/meditating-mala-beads/>

<http://yogimami.com/is-yoga-and-meditation-working/>