

# Ayurvedic Aromatherapy Class

Saturday, April 26 10AM - 4PM  
(there will be a break for lunch)

Abundance Wellness Center  
325 John Knox Rd.

This class introduces the basics of aromatherapy in Ayurveda and the uses of essential oils....

- Learn the basics of using essential oils safely in an Ayurvedic context
- Become familiar with the profiles of 20 essential oils
- Enjoy a guided lesson in making your own oil blend
- And create a suggested home routine

\$59 includes materials, a vegetarian lunch and your own take home oil blend.

Space is limited. Call Mary Bradford 850-322-0063

Mary Bradford is the owner of Prana Rasa. She studied Ayurveda under Light Miller who authored 'Ayurveda & Aromatherapy'.