

# AROMA YOGA

**Flow & Restorative Yoga with  
Essential Oils**

**Instructor: Laura Schultz  
In Studio Workshop or Zoom.**

**NOVEMBER 1**

**2PM-4PM**

**\$25 MEMBERS**

**\$35 NON MEMBERS**

**\$20 ON ZOOM**

Learn the basics of how to incorporate essential oils into your yoga practice during this flow and restorative yoga workshop.

Fees include all essential oils for the workshop. Contact studio about picking up your oils if joining via zoom.

Pre-registration and payment required. No refunds. Please check our website, visit our studio, or call for more information. 121 N. Main St. Crystal Lake 815-356-7089 [www.akashayogacenter.com](http://www.akashayogacenter.com)

