



YOUNG LIVING  
ESSENTIAL OILS

# BALANCE

A one day

## WELLNESS RETREAT

**SYDNEY - JULY 21, 2018**      **BRISBANE - JULY 22, 2018**      **PERTH - JULY 29, 2018**

**Balance: A Wellness Retreat** is a one-day event that offers you the unique opportunity to reset and recharge your body and mind. At the same time, you'll also learn about yoga, essential oils and how you can unify them to achieve whole-life wellness.

Attendees will learn about:

- Creating a daily yoga, meditation & breathing routine
- Using essential oils during yoga
- Deepening your relationship with essential oils

To make the most of the event, please bring with you a yoga strap, two yoga blocks, two yoga blankets and a yoga mat.

## FACILITATORS & SPEAKERS



**Ed Dailey**

*RN, E500-RYT, RNPA, Senior Global Educator of Young Living, Yoga Alliance Continuing Education Provider*



**Brenda Rogers**

*Training Manager, Young Living Australia & New Zealand, Practicing Naturopath, Yin Yoga Teacher*

**PLUS OTHER  
MINDFULNESS  
EXPERTS!**

**EARLY BIRD TICKET \$129\***      **FULL TICKET \$149\***      **ON-THE-DAY TICKET \$199\***

Tickets include both **lunch** and an **exclusive welcome bag** with swag items and more!

**Sydney - Saturday July 21**  
Prince Henry Centre  
2 Coast Hospital Rd, Little Bay, NSW, 2036

**Brisbane - Sunday July 22**  
Hillstone St Lucia  
Carawa St, St Lucia, QLD, 4067

**Perth - Sunday July 29**  
Rendezvous Hotel Perth Scarborough  
148 The Esplanade, Scarborough, 6019, WA

*\*Early bird cut off date is June 20. Tickets available while spots last. Open to all - no yoga experience required.*

**REGISTER NOW FOR EARLY BIRD PRICING! — VISIT [YOUNGLIVING.COM.AU](http://YOUNGLIVING.COM.AU)**



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## WELLNESS RETREAT

# BALANCE WELLNESS RETREAT AGENDA\*

TIME	ACTIVITY / TOPIC
8:00 AM - 8:15 AM	Welcome & Announcements
8:15 AM - 8:45 AM	Breathing Practice
8:45 AM - 9:45 AM	Asana Practice
<b>15 MINUTE BREAK</b>	
10:00 AM - 10:45 AM	Deepening Your Relationship with Essential Oils
10:45 AM - 11:00 AM	Movement Sequence
11:00 AM - 11:40 AM	Talk: Super Gut, Super Brain
11:40 AM - 12:00 PM	Talk: Emotional Success with Essential Oils
<b>75 MINUTE LUNCH BREAK (CATERED)</b>	
1:15 PM - 1:30 PM	Digestive Restorative Pose
1:30 PM - 2:00 PM	Creating Your Own Wellness Retreat
2:00 PM - 3:00 PM	Demonstration Aroma Yoga Class
<b>25 MINUTE BREAK &amp; PRODUCT SAMPLING TIME</b>	
3:25 PM - 4:10 PM	Talk: The Stress Connection
4:10 PM - 5:00 PM	Movement Sequence with Essential Oils
5:00 PM - 5:20 PM	Talk: Spiritual Wellness and Essential Oils
5:20 PM - 5:45 PM	Q & A Session and Close

\*Agenda subject to change. Please visit [YoungLiving.com.au](http://YoungLiving.com.au) for the most up-to-date agenda schedule.