

# Aromatherapy Yoga TEACHER TRAINING



Are you a yoga instructor looking to enhance your yoga practice & classes?

**Come learn how you can unify the power and benefits of essential oils to create a whole new experience for yourself and your students.**

Essential oils have been used for thousands of years for their spiritually and emotionally uplifting properties. They have the highest frequency of any natural substance known to man. Essential oils can help bring your body and emotions into balance, bringing harmony to your energy centres.

By infusing essential oils into your yoga practice, you have a greater ability to achieve and maintain physical, emotional, mental and spiritual wellness.

In this course, you will learn how to unify the power and benefits of both yoga and aromatherapy to create a whole new experience which can enhance your practice or the classes you teach.

In addition, you will have a deeper understanding of how to better address issues experienced by your students with the combination of yoga and aromatherapy. The hours you will accumulate upon completion of this course can be counted towards your Yoga Alliance accredited hours.

## TRAINER PROFILE



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

As a nurse and longtime yoga teacher, Ed has a deep understanding of the transformative benefits of yoga. Ed has been teaching yoga since year 2000 and has been practising for over 20 years. He has completed the Urban Zen Integrative Therapy program that was inspired by Donna Karan, Rodney Yee, and Colleen Yee and worked for 18 months at Beth Israel Medical Center in New York City on the oncology and surgical floors utilising yoga therapy.

Over the years, he has been using essential oils to enhance his yoga practice. Ed is also passionate about teaching others self-care skills to create better healthcare around the world. Ed is also a Yoga Alliance Continuing Education Provider (YACEP).

**EARLY BIRD  
TICKET: \$199\***

+ 2 FREE 5 ML OILS!  
Citrus Fresh™, Grounding™



**FULL-PRICED  
TICKET: \$249\***

+ 1 FREE 5 ML OIL!  
Citrus Fresh™



**ON-THE-DAY  
TICKET: \$299\***

(NO FREE OILS)

Tickets include **lunch, a certificate** and an **exclusive welcome bag** with swag items and more!

**Sydney - Friday July 20**

Venue To be advised

**Brisbane - Tuesday July 24**

Venue To be advised

**Perth - Saturday July 28**

Venue To be advised

\*Early bird cut off date is June 20. Tickets available while spots last. Open to yoga instructors only.

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

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## AROMATHERAPY YOGA TEACHER TRAINING AGENDA\*

TIME	ACTIVITY / TOPIC
8:00 AM - 8:15 AM	Welcome & Agenda
8:15 AM - 9:00 AM	The Basics of Breath Awareness
9:00 AM - 10:30 AM	The Basics of Creating & Teaching an Aromatherapy Yoga Class
10:30 AM - 11:15 AM	The Science of Essential Oils
11:15 AM - 12:15 PM	Yoga Practice with Focus on Awakening
<b>90 MINUTE LUNCH BREAK (CATERED)</b>	
1:45 PM - 2:30 PM	Yoga for Restoration
<b>15 MINUTE BREAK</b>	
2:45 PM - 3:25 PM	Talk: Integrative Therapies
3:25 PM - 3:45 PM	Yoga Practice
3:45 PM - 4:45 PM	Q & A Session
4:45 PM - 5:45 PM	Partner Experience

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