

2019 APRIL WORKSHOP CALENDAR

Register on
MINDBODY.



SUN	MON	TUE	WED	THU	FRI	SAT
	1 4:00-6:00pm (Eng) Move the body: Yoga + Essential oils	2 12:00-2:00pm (廣東話) 情緒與健康的關係 4:00-6:00pm (廣東話) Raindrop Techniques for Dog	3 12:00-1:00pm (廣東話) 高級入門套裝運用分享	4 12:00-2:00pm (廣東話) 自然療法與寵物護理 7:00-9:00pm (廣東話) 靚媽咪由內靚到外, 全方位美容心得 + DIY美白保濕面霜	5 清明節 Ching Ming Festival	6
7	8	9 2:00-4:00pm (廣東話) 頭療 行氣活血 4:00-6:00pm (廣東話) 食得自在睡得自在 7:00-9:00pm (廣東話) 精油能量—啟動、調頻 分享會	10	11 12:00-2:00pm (廣東話) Raindrop理論及示範 2:00-4:00pm (廣東話) 靜觀 - 生氣及憤怒情緒 4:00-6:00pm (廣東話) 如何有效健康地管理體重 7:00-9:00pm (廣東話) PSK運用與刮痧的關係	12 1:00-3:00pm (廣東話) 「溝溝樂」工作坊	13
14	15 12:00-2:00pm (廣東話) 音叉配合七脈輪調頻 2:00-4:00pm (廣東話) 我今日Life 9咗啦!	16 1:00-3:00pm (廣東話) 「溝溝樂」工作坊 4:00-6:00pm (廣東話) 至FIT人生及保健分享 7:00-9:00pm (廣東話) 揭開青春不老的秘密	17 12:30-2:30pm (廣東話) 如何配合精油提升兒童 免疫系統、呼吸道系統 健康和平衡身心靈	18 12:30-2:30pm (廣東話) 大碼變細碼·穴位+經絡 +精油幫到你 7:00-9:00pm (廣東話) 高級入門套裝精油用法 知多少?	19 耶穌受難節 Good Friday	20 耶穌 受難節 翌日 The day following Good Friday
21	22 復活節星期一 Easter Monday	23 12:30-2:00pm (廣東話) Raindrop兩滴精油的用途 和手勢示範 4:00-6:00pm (廣東話) 姊妹們聚一聚 7:00-8:30pm (廣東話) AmoraYoga -減壓塑身 lady's night	24 2:00-4:00pm (廣東話) 基本會員規範工作坊	25 7:00-9:00pm (廣東話) 精油入門知多啲	26 12:00-2:00pm (廣東話) 聖經裡的精油故事	27 Macau Kick- Off
28	29 2:30-2:00pm (廣東話) 測驗考試寶寶和家長用油 攻略 2:00-4:00pm (廣東話) 靜觀 - 生氣及憤怒情緒	30 12:00-2:00pm (廣東話) 精油與美容DIY新體驗 + DIY 眼霜 7:00-9:00pm (廣東話) 經絡塑身 + 瘦手臂示範				

Corporate Workshops

Member Workshops



YL BASIC SCHOOL

全方位產品培訓，經營者入門必備！

An all-rounded product training essential for all new business builders!

每季循環舉辦，合共四個單元，課程內容包括介紹不同皇牌系列產品之特色以及Young Living事業平台的優勢，讓新手經營者學習如何有效地分享產品以助發展您的YL事業，完成YL Basic School四個單元之畢業生可獲紀念品一份，如首次成為Live Your Passion Rally主辦人更可獲額外80分，助您爭奪成為Rally王者！

YL Basic School consists of 4 learning modules that are repeated every quarter. New business builders can learn about the unique selling point of each product line and the distinct advantages of Young Living business opportunity in the learning modules.

Upon completion of 4 modules, YL Basic School graduates can get a free souvenir, and earn 80 points when they first become Live Your Passion Rally hosts.

1

單元一：精油入門知多啲

Module 1: Essential Oil Basics

數千年來，精油從化妝美容、飲食養生以至宗教靈修等各方面豐富了人們的生活。Young Living一直致力將這種古老傳統帶給現代大眾，以「種子到封密 (Seed to Seal)」方式提煉大自然精華，將各種優質的精油及精油產品帶給世界每一個角落。讓您學習如何分享Young Living的品牌精神，以及入門套裝精油和盜賊系列產品心得。

Essential oils have been used for thousands of years for cosmetic purposes, as well as for their spiritually and emotionally uplifting properties. Young Living has always been at the forefront of bringing this ancient tradition to modern use. We're proud to offer an extensive line of essential oils and essential oil-infused, plant-based products that represent the best of nature—through the standards of our Seed to Seal program. Come and learn how to share the brand philosophy of Young Living, and the tips of sharing starter kit oils and Thieves products.



2

單元二：營養保健全面睇

Module 2: Discovery of YL Supplements

根據現今食品質素的分析以及不同的科學文獻記載，我們已看到營養補充於現今社會的重要性。市場上林立著多款不同的營養補充品，YL的營養保健系列有甚麼特色及優勢？齊來學習基礎的營養知識及產品特色，讓您分享產品時更得心應手！

According to some scientific literatures, nutritional supplements are increasingly important in the modern society. Compared with the variety of supplements on the market, what are the special features and comparative advantages of YL's supplements? Come and learn the basic nutrition knowledge and YL product features!

3

單元三：個人護理「肌」本功

Module 3: Personal Care Fundamentals

不同年齡有著不同的肌膚需要。透過講解肌膚結構和基本肌膚護理知識，讓您更了解嬰兒、兒童和成人各種肌膚狀況，以及深入學習YL護理產品的特色，學習個人護理的「肌」本功。

Skin care needs and tips for each age group are different. By exploring the skin structure and basic skin care knowledge of baby, kids and adult, you will be learning more about the tips of getting perfect skin! Come and learn the YL personal care products' features and master personal care fundamentals.



4

單元四：YL 精油商機分享

Module 4: YL Essential Oil Business Opportunity

全球精油市場發展迅速，您希望成為一名精油用家，還是掌握趨勢成為一名精油業界的經營者？Young Living具有領先業界的獎勵方案，可助您掌控未來、實現夢想。本課程將為您講解銷售獎勵計劃，助您更了解如何快速起步，以及如何利用社交媒體協助事業發展，在Young Living開啟創業之路！

Under the rapid growth of the global essential oil market, would you rather be an essential oil user, or be a business builder in this industry? Young Living's industry-leading compensation plan can motivate and help you build your dream. We will help you better understand how to begin and develop your business with Young Living. This training session covers commission and bonus basics, and essential social media tips for your business success.





「油然·健康」系列工作坊 WELLNESS ESSENTIALS WORKSHOPS

健康養生是人生課題，要實踐健康生活，我們需要從了解身體的運作和需要開始！
透過探討健康和營養專題，讓您了解如何利用Young Living產品支援「身、心、靈」
整體健康，歡迎Young Living會員和新朋友參加。

*Get to know your body needs and be aware of your health. Let's start a healthy lifestyle today!
Through a series of health and nutrition workshops, you will learn how to start a healthy lifestyle easily with the support of Young Living products that
benefit your body, heart and soul... Members and non-members are welcomed to join!*

腸道與免疫

Gut and Immune



腸道除了協助我們消化及營養吸收，同時亦是人體最大的免疫器官，
所以維持腸道健康遠比您想像的重要！齊來學習護「腸」小貼士！

*Our gut is not only responsible for digestion and absorption of nutrients, but also crucial to our body immunity. Therefore, maintaining a
healthy gut is much more important than you think! Come and learn the tips of maintaining a healthy gut.*



如何有效健康地管理體重？

How to Manage Your Weight Effectively and Healthily?

網上減肥食譜五花八門，應該如何有效又健康地管理體重？本工作坊將為您
剖析肥胖問題和坊間減肥方法之利與弊，並分享「2112」健康法則及配合
Slique體重管理系列，令您輕輕鬆鬆又Fit又健康！

*How to manage your weight in an effective and healthy way? In this workshop, we will analyze the problem of being overweight, the pros and
cons of common weight-loss methods. We will share with you "2112 healthy tips" and how Slique products support you stay in shape!*

精油與情緒管理

Essential Oil and Emotional Wellness



香港人生活節奏急速，工作、家庭壓力大，需要釋放負面情緒以維持身心平衡。
精油具有舒緩身心和提振精神的獨特能力。心情躁動不安？齊來探索我們的純淨
精油以及精心配方的複方精油，協助您重拾生活的均衡與平靜。

*Hong Kong is a fast-paced city where people are so stressed that need to release negative emotion from work and family. Essential oils have the unique
ability to soothe the mind and uplift the spirit. Do you feel the lack of serenity in daily life? We invite you to discover how our pure essential oil and
specially-formulated blends can help you restore balance and peace in your life.*



老友記營養與保健

Elderly Health and Nutrition

健康隨著年齡下降，想為家中「老友記」尋找合適的健康方案？本工作坊將
會從心臟、關節和免疫健康等各方面，讓您了解以天然方式保健，守護家中
「老友記」健康！

*Health declines with age. Do you want to find a health solution for the elderly in your family? This workshop will introduce you how to
maintain heart, joint and immune health of elderly in a natural way.*



YL與您一起預備開學

Back to School with YL Products



香港的學童課業繁重，學業壓力大，作為家長不單為子女憂心，自己亦感到壓力
甚大。這個工作坊將與您分享如何運用YL產品，從提升集中力、日常保健和
抗壓，等多方面照顧子女的身心健康，讓父母和子女輕鬆迎接新學期。

*Hong Kong students are facing heavy schoolwork and pressure nowadays. Not only do they need more support on emotion and body health, parents also
deserve more emotional support too. In this workshop, we will share how YL products help students in enhancing concentration, daily health routine and
relieving stress. Join this workshop and let's kick start the new school year at ease!*



雨滴技巧手法示範

Raindrop Technique Demonstration

Young Living獨有的Raindrop Technique® 套裝結合了獨門、有針對性的按摩
手法，融合純淨精油的功效，深入地協調、振興和放鬆身體，為身體注入
能量，感受不一樣的精油按摩體驗。

*Young Living's proprietary Raindrop Technique® combines unique, targeted massage and energy approaches with pure, authentic essential oils
for a deeply harmonizing, rejuvenating, and relaxing experience.*