



Arborvitae: Known as the Tree of Life & the Oil of Divine Grace. Use in meditation for peace & calm. Use on a hike as a natural insect repellent or use as furniture polish.

Workshops with friends are the best!

"I don't know what's tighter, our jeans or our friendship!" Quote by unknown

Join Ivana & Jikara in the comfort of your own home, to create your own tailor-made essential oil rollerball blend. Cost \$50/person. Duration: Approx 2-2.5 hrs. Min. 6 & Max. 20 participants.

Workshop Choices:

1. Mood Management:

- Personalised blend crafted for each attendee supporting emotional wellbeing*
- Information regarding benefits of essential oils & the Mood Management kit*
- Guided meditation*

2. Power & Purpose

- Make a synergistic blend to overcome fear & become the best of yourself by regaining your Power & Purpose by focusing on: purpose, vision, heart, greatness, truth & speak. Receive associated affirmation.*
- Information regarding benefits of essential oils & the Mood Management kit*
- Guided meditation*

3. Ease & Grace

- Craft your own personalised blend to transcend your struggles & overcome your issues with Ease & Grace. Receive associated affirmation.*
- Information regarding benefits of essential oils & the Mood Management kit*
- Guided meditation*



The Ascension Coach
BE THE LIGHT

www.theascensioncoach.com

www.gaiagoodies.com.au

Mobile: 0477 741 191

Jikara Ciddy



Mobile: 0421 556 338

Ivana Pugliese



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"While a single oil can always make a difference, a synergistic blend of supporting essential oils can help address all the layers and complexity of our feelings."

Quote by Enlighten Alternative Healing



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