

# Smell Your Way to Well™

*Natural Health Solutions with Essential Oils*



*Mira Binzen is a Registered Yoga teacher with Yoga Alliance at the 500-hour level (E-RYT, RCYT) and a professional integrative Yoga Therapist (1,000-hour level certificate).*

## **Mondays**

September 25

October 9

November 13

6:45-7:45 pm • FREE



S O L A C E  
A G A T H E R I N G P L A C E

5225 Old Orchard Rd, 24-B  
Skokie, IL 60077

[www.truesolace.org](http://www.truesolace.org)



Pure, potent essential oils can support your wellbeing on all levels— physical, mental/emotional and spiritual.

Discover their most common and impactful uses and learn which oils to get started with to experience support for your personal health goals. Sample a variety of blends and single oils, learn basic guidelines for safe and effective use, ask questions and take home a sample for yourself.

\*Interested in learning more but can't make it Monday evening? Send me a message and we can schedule a personal wellness consult.

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