

# Smell Your Way to Well™

## *Essential Oils and the Chakras*



*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).*

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### **Monday**

November 27

6:45-7:45 pm • FREE



S O L A C E

A GATHERING PLACE

5225 Old Orchard Rd, 24-B

Skokie, IL 60077

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



The Chakra's are spinning vortices of energy created within us. They become centers of activity for reception, assimilation and transmission of life energies.

Learn to balance these psycho-emotional-energetic centers with pure potent essential oils. Discover simple solutions to feel more stable, connected, empowered, compassionate and in line with your truth and intuition.

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