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.

Monday, December 4

6:45-7:45 pm

Class is FREE

S O L A C E

A GATHERING PLACE

5225 Old Orchard Rd, 24-B
Skokie, IL 60077
www.truesolace.org

Join us for "Happy Hour" to socialize and learn more about essential oils that support your physical, mental/emotional and spiritual wellbeing. Then, if you like, create a custom blend 10 ml rollerball (or two) based on your health goals.

"Recipes" are available, or you can create your own signature blend.

Rollerballs are $10 each.

mira@globalfamilyyoga.com | www.mirabinzen.com