



ENHANCE *your yoga* EXPERIENCE *with Pure Essential Oils*

Yoga is a journey to a *soulfully balanced* body that is properly aligned with mind and spirit. Incorporating the powerfully effective properties of aromatic essential oils - *often described as the soul of the plant* - into your practice can help you fulfill your journey.



- Calm the mind, body and spirit before or after your practice
- Visualize stability in your poses
- Open and deepen your breathing

Aura Cacia

pure essential oils

Aura Cacia will be exhibiting at the Yoga Journal Conference in Colorado where Tim Blakley, Aura Cacia Aromatherapist, will be teaching a free aromatherapy class. Visit www.yjevents.com for details.

Connect online with Aura Cacia for information, recipes and products.



www.auracacia.com