

# Releasing Emotions with Essential Oils



*Do persistent emotional patterns plague you?  
Do you regularly deal with abandonment issues, low  
self esteem, past hurts from trauma, abuse, etc?  
Are you looking for some help to make a shift in your  
spiritual walk?*

*Join us for an emotional release workshop combining the application  
of essential oils with guided visualization.*

*This is your opportunity to set an intention, enjoy the  
energy of a group, the support of a partner, and also  
quiet time for integration and journaling. You will be  
offered the use of multiple oils on this day, specific to  
your individual needs, and will receive an essential oil  
blend with a daily practice of energy movements to  
help you stay on your healing journey.*



*We invite you to a cozy lodge with a roaring fire, and comfort  
inside your own sleeping bags, blankets and pillows. Tea will be  
provided. We invite you to bring your own snacks for break time.*

*\* Please note: Refrigeration is available.*

*Space is limited for this special event: register today!*

**Date:** Sunday, March 1<sup>st</sup> 2009

**Time:** 11am - 3pm

**Location:** Carmen Clark Lodge: 777 Westfall Road; Rochester, 14618

**Cost:** \$55 includes a bottle of essential oil to take home with you

**To register:** Call Jean Oswald at: 585-872-6242 (\$30 holds your spot)

**Facilitators:** Jean Oswald, RN Aromatherapist

Nanci DeLeo, Rev., Reiki Master/Teacher

Sheryl Infantino, LMT, Reiki, I.E.T. Master

