

Surrender & Receive with an Essential Yoga Class

A Detoxifying Yin Yoga Flow

**Sunday, October 9,
2016**

10:00 a.m. - 11:30 a.m.

**Insight Learning &
Wellness**

25901 Emery Road,
#112, Warrensville Hts.,
OH, 44128

\$15.00 Preregister

\$20.00 Drop In

Call 216-765-4470 or
register online:

www.insight-wellness.com

*“One must first release to receive and
make space for the new.”*

This Essential Yoga Class will help to increase energy and calm the mind, while the use of essential oils assist in emotional healing, releasing stagnant energy, feelings or blockages. Accessible backbend poses are included to assist students in letting go of difficult feelings. We will foster physical, emotional and spiritual healing. The combination of oils and yoga will provide a cathartic experience to create emotional balance.

After class, a brief and informative session on essential oils and their healing powers will be provided- followed by a question and answer session. The opportunity to purchase the essential oils used in class as well as oils to serve your individual needs will be available. **Light refreshments will be served.**



Maria Frances Latona, CYT 200, Yoga
Therapist/Therapeutic Yoga Teacher 500,
AFAA/NCSM Certified Personal Trainer and
Group Exercise Instructor

Essential Yoga Class Presenters

*Maria Frances Latona has been teaching a variety
of yoga and group exercise classes both on land-
and on water- since 1994. She currently teaches a
full range of yoga classes in the Sarasota, Florida
area including: beach yoga, SUP (Stand Up Paddle-
board) yoga, therapeutic yoga and corporate yoga
classes for small group and private clients.*

www.yogamuse.guru



*Caroline Jackson is a licensed Physical Therapist
and Massage Therapist from Wilmington, North
Carolina. She now dedicates her life to educating
others on natural solutions for better health and
wellness.*

www.mydoterra.com/carolinejackson

Caroline Jackson, LMT, LPT,
DoTerra Essential Oil Educator

