

## Olla Terve Healing Studio Workshops Offered



### Fun, Facts and Frequency of Young Living Essential Oils

What is Young Living, and what is an essential oil? How can essential oils benefit me and my family? Learn the answers to these and many other important questions. Experience 11 different essential oils, NingXia Red and Several Thieves products.

### Vitaflex Technique

Vitaflex means “vitality through the reflexes.” Learn this ancient Tibetan method used to stimulate reflex points and deliver essential oils throughout the body. These electrical impulses stimulate neurological activity, allowing energy to be restored.



### Ultimate Balance Workshop

Learn how to use essential oils to energize organs and systems using the frameworks of: Ideal Time of Day, Season of the Year, Opposite Organ, Emotions, Affirmations, Vitaflex Points, Chakras, Meridians, Organ Reflex Point, Neurovascular Points, and more.

### Muscle Testing

Wondering how to achieve a health and balance? Your body can tell you exactly what you need at any given moment. Learn several muscle testing techniques to utilize every day.



### Emotional Freedom, Emotional Clearing and Emotion Code Workshops

Many illnesses and diseases begin with blocked or trapped emotions. Clearing emotional blocks helps our bodies to build strength. Learn how essential oils are used to clear emotional attachments to memories, so you can find your personal freedom, health and happiness.

### Different Bodies, Different Diets and Emotions

Discover your own unique psychological profile, ideal weight dietary guidelines and exercise for YOUR body type. Find out which essential oils will support you in the process of achieving vibrant health.



### Natural Cleaning and Personal Care Workshops and Spa Experience

Experience natural products and learn about what's in some of the everyday products you use, which ingredients to avoid and why, and what the alternatives are! Save money and your health by make natural products affordably.

### Raindrop Technique Workshop

Learn why the Raindrop Technique may help improve every aspect of life physically, mentally, emotionally and spiritually. Facilitate and receive a Raindrop session in this workshop.



### Healing Hands and the Oils of Ancient Scripture Workshops

Learn different hands-on healing techniques to transfer Divine healing energy to another. Experience some essential oils used in historic times and learn about their properties.

### Breathing Simply and Guided Meditation Classes

Feeling over-worked and stressed with the hectic pace and demands of life? A Breathing Simply or Guided Meditation Class could be your life-saver! Shift those perspectives and thoughts: negative to positive, from disturbed to peaceful, from unhappy to happy.

