



**SATURDAY
JUNE 18
11 AM-
12:30 PM**



Michele Hart, MA, RYT, is a yoga teacher and essential oil educator. She has been using essential oils for more than four years and is continually researching the science behind oils as well as new and practical uses. She has been in the health and wellness industry for more than a decade. You may find out more about her at www.effortandeaseyoga.com.



ESSENTIAL OILS FOR HAPPY, HEALTHY KIDS

A single 30-minute treatment with melaleuca oil killed 100% of head lice

—De Campli et al, 2012

Learn to support your kids' sleep and relaxation, emotions and mood, respiratory health, aches and pains, focus, digestion, immune function, wound care, and healthy skin using the natural power of therapeutic essential oils – a gentle alternative for your family.

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