



## Elena Brower Essential Oils for Yoga

### What is yoga?

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### What are some of the oils that Elena uses in her practice?

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### Anchor—Steadying blend

Where or how might you apply Anchor \_\_\_\_\_  
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When and why might you apply Anchor \_\_\_\_\_  
\_\_\_\_\_

Considerations and contemplations \_\_\_\_\_  
\_\_\_\_\_

### Align—Centering blend

Where or how might you apply Align \_\_\_\_\_  
\_\_\_\_\_

When and why might you apply Align \_\_\_\_\_  
\_\_\_\_\_

Considerations and contemplations \_\_\_\_\_  
\_\_\_\_\_

### Arise—Enlightening blend

Where or how might you apply Arise \_\_\_\_\_  
\_\_\_\_\_

When and why might you apply Arise \_\_\_\_\_  
\_\_\_\_\_

Considerations and contemplations \_\_\_\_\_  
\_\_\_\_\_