



ESSENTIAL OIL  
SOLUTIONS  
with dōTERRA

## Yoga and Essential Oils

What is the purpose behind yoga?

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What are some ways that Renee recommends adding essential oils to your yoga practice?

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What are some of her favorites to use in her own practice?

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Which oils do you want to try adding to your yoga practice?

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What benefits has Renee seen from adding essential oils to her yoga practice?

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