

# Essential Oils 101

## For Your Horses, Family and Home



Essential oils are adaptable, effective and valuable when trying to maintain a chemical free, healthier lifestyle both in the barn and in your home. This applies to you, horses, dogs and most any of your animals. These classes are geared to help beginners get acquainted with the “dos and don’ts”, as well as helping the long time essential oil users.

- What are Essential Oils, and why you would want them?
- Where do they come from, and does that matter.?
- How, when, why and where to use them?
- Effectiveness, uses, application methods.
- Essential Oils you really can't do without (and why!)
- How to start incorporating them into your life, not only for health and self-reliance, but to save money.

So you've been hearing a lot about using essential oils, and maybe you've even tried some. Now it's time to dive in and see what everyone is talking about (and using!) Come join us for a hands-on, interactive learning of Essential Oils 101, and we may even get to do a demo of the Raindrop Technique. You'll love it!

**When: Sunday, October 2, 2016 at 10am to 1pm**

**Where: A Little Bit of Heaven Inc., 35 Hallahan Rd North, Lawrence, NY 12967**

**Cost: Workshop is free. Any donations can be made to A Little Bit of Heaven Inc. and would be greatly appreciated.**



**Please RSVP, Space is limited! Call /Text: Anne Woods 315-276-5415**

**Bring your own snacks and chair.**