KATE GODWIN HEALING & YOGA THERAPY

ENHANCING YOUR YOGA PRACTICE WITH ESSENTIAL OILS: FOR BALANCE, FOCUS, AND RELAXATION

Principles of aromatherapy and its benefits

Olfactory System Stimulation

Aromatherapy stimulates the olfactory system through essential oils to affect emotional and physical health positively.

Stress Reduction

Using essential oils helps reduce stress and create a sense of calm and relaxation.

Mood Improvement

Essential oils can improve your mood by promoting emotional balance and uplifting feelings.

Benefits of using essential oils during your yoga & meditation

Calming Nervous System & Reducing Stress

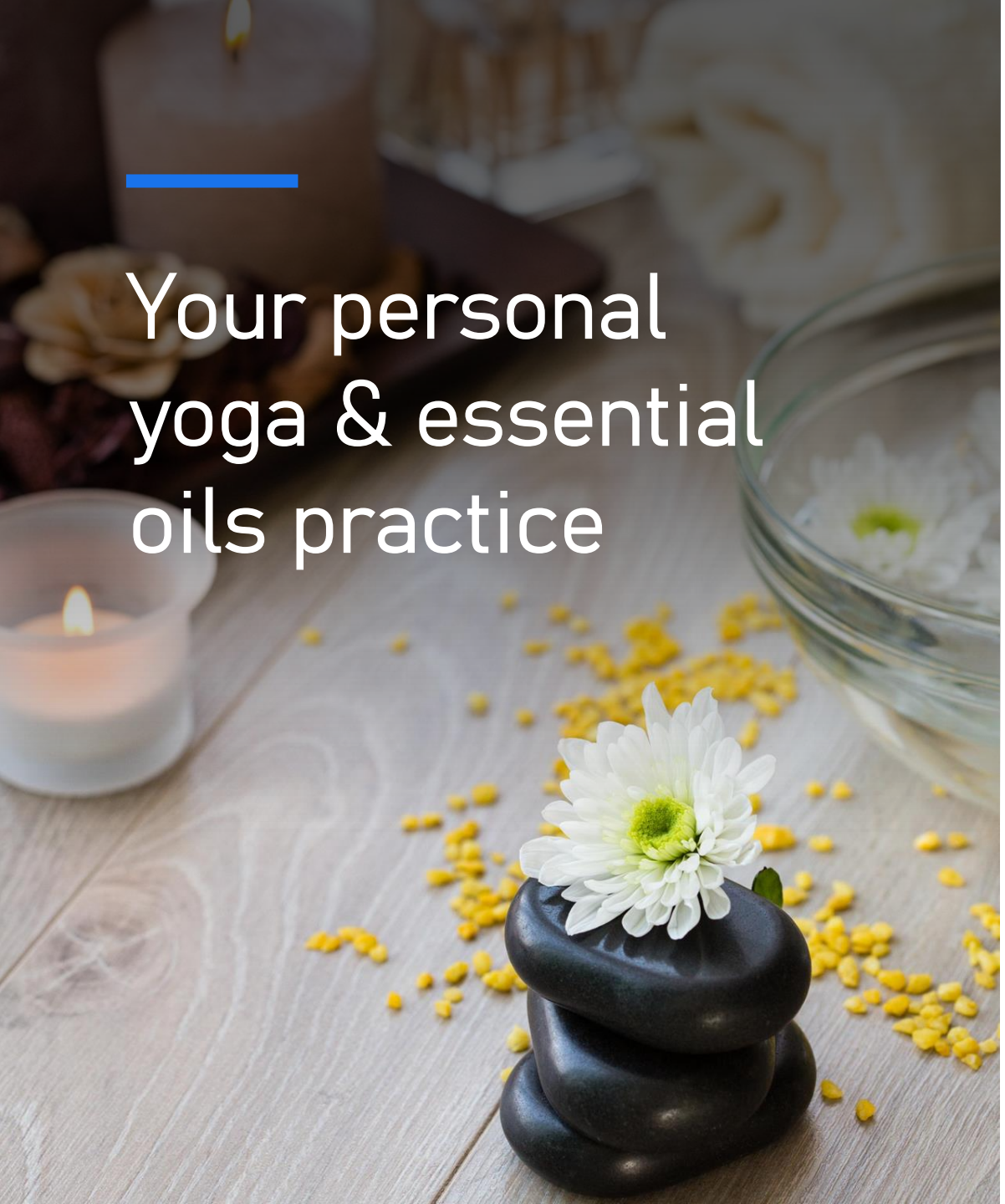
Certain oils effectively soothe the nervous system, promoting a sense of calm and peace.

Deepening Relaxation

Using calming oils enhances relaxation, supporting restorative yoga and meditation practices.

Supporting Breathwork

Use of oils such as eucalyptus helps enhance respiratory health by clearing airways and supporting easier breathing. Improved breath awareness supports more effective and mindful yoga practice.



Your personal yoga & essential oils practice

From Kate to you ...

Personalised Oils
Kate customises your yoga session with oils that suit your body and mind for a unique, effective practice.

Enhancing your well-being
Kate selects different essential oils for each class that promote relaxation and complement your yoga routine.

Why essentials oils?
Combining yoga and aromatherapy enhances mindfulness, reducing stress and improving wellness.

Safety guidelines & methods of application for essential oils

I am not a qualified aroma-therapist but I have been using essential oils for over 30 years. My dear friend Oshadi is a specialist and sources his products directly with over 70% being organic or wild-crafted. He has excellent advice on how to use each oil safely http://www.oshadi.co.uk/

Dilution Importance: diluting essential oils reduces skin irritation and enhances safe application for various uses.

Proper Application: apply essential oils using recommended methods such as topical, inhalation, or diffusion.

Allergy Awareness: be aware of allergies and contraindications to prevent adverse reactions with essential oils.

As stated, I'm not an aromatherapist thus you are responsible for the oils you choose and how you use them, I cannot take responsibility for any allergies or other negative impacts that you may have from using oils that I suggest during my yoga and meditation practices.