



## **Wellness Workshops**

### **Natural Solutions Workshop**

**for Essential Oil Education, Membership Options & Kits**

### **Essential Emotions Workshop**

**Essential Oils, Nutritional Supplements & kits for emotional wellness**

### **Make & Take Class for Members**

**Free to active team members. \$35-50\* per person for non-members.**

**Theme classes designed to inspire wellness, wisdom and wonder  
with 5 take home treasures. \*(pricing varies by product)**

**Rollerball Recipes, Seasonal Sprays, and Essential Oil Education-  
some classes are mixed rollerballs/sprays/balms/salts/oils.**

### **Gemstone & Essential Oil Paring Class**

**Prices vary for Jewelry Sets/Gemstone choices.**

**(essential oils can be purchased through membership account)**

**Essential oils for Spiritual, Physical & Emotional Wellness.**

**Gemstones to match the oils emotional properties of the oil.**

### **Tactile/Textile Essential Craft Class**

**Fabric or papercraft project to give or keep for yourself**

**Textile shapes/colors/patterns to match the oils for wellness.**

**Journal/Card/Bookmark/Gift bag or box.**

**Monthly themes are available by appointment or invitation  
on Facebook at Wellness Warrior at Inspiration Wood.**