

Tune into your Feelings with Essential Oils

Are you feeling Overwhelmed? Stuck? Stagnant?
Join the Hazlet Library for a
Tune Into Your Feelings With Essential Oils Workshop.

During this class we will:

- Learn what essential oils are, how they are made and the three way they are used
- Why purity is so important when choosing essential oils
- Experience the top essential oils used to release feelings
- Enjoy a peaceful and relaxing guided imagery visualization and journaling prompt
- Leave feeling calm and relaxed

Monday
August 21, 2017
7:00 - 8:00 pm

*Free to the public, however, space is limited.
Please sign up online or by calling the library at
732-264-7164 to reserve a seat. Chairs will be available.
If you would prefer to sit on the floor,
please bring your own mat or blanket.*



Hazlet Township Public Library

A branch of the Monmouth County Library system

251 Middle Road, Hazlet, NJ 07730 Telephone: 732-264-7164 www.monmouthcountylib.org