Healthy Living With Acupressure and Essentials Oils

An experiential workshop for anyone who like to have
better health and happiness in life!

Acupressure:

- an ancient healing art
- using fingers to press on certain acupoints on the body
- restoring & balancing natural flow of energy in the body

Essentials oils:

- an ancient healing aid
- contains the life force of plants (nature's living energy)
- reviving our energy levels through vibrational frequency of plants

Mini - workshop includes :

- healing power of pure therapeutic grade essential oils
  it's healing effects on our body, mind and emotions
- benefits of acupressure
  identify key acupressure points for improving specific health conditions
- combining essential oils with acupressure for better healing effects

It's fun, easy to learn & easy to use !

See you on
Every 2nd & 4th Wednesday of the month

7.15 pm - 9 pm

Here @ Holistic Lifestyle Centre
Blk 106 , Aljunied Cresent , # 01-205

You get to try the oils hands-on!
per session **S$15** per person
bring another friend along **S$20** for 2 person

Register now call 6749 8509 or email: info@kg-senang.org.sg