

When it comes to yoga and essential oils, Adabelle Carson, a doTERRA Diamond, has a lot of experience. She says, “I became a certified yoga instructor about nine years ago when I was having my kids. Four of them had come pretty quickly, and I was just in a funk. So my husband said to take some time for myself and go to the gym. One of the first classes I did was a yoga class. At that class something clicked for me, and I was able to release a lot of emotions. I remember I cried; I didn’t know why then, but it left me feeling amazing.” Wanting to learn more about yoga, Adabelle took a 200-hour certification course which required doing 20 hours of teaching for free as a community service. So, she talked to people in her area and started a class at her church.





## 1.CROWN CHAKRA

- Elevation
- Location: Top of head
- Benefits: Bliss, transcendence

## 2.THIRD EYE CHAKRA

- doTERRA Serenity®
- Location: Brow
- Benefits: Perception, intuition

## 3.THROAT CHAKRA

- Whisper™
- Location: Throat
- Benefits: Communication, expression

#### 4.HEART CHAKRA

- doTERRA Breathe®
- Location: Center of heart
- Benefits: Acceptance, compassion

#### 5.SOLAR PLEXUS

- DigestZen®
- Location: Solar Plexus
- Benefits: Self-confidence, willpower

#### 6.SACRAL CHAKRA

- Citrus Bliss®
- Location: Lower abdomen
- Benefits: Creativity, healthy relationships

#### 7.ROOT CHAKRA

- doTERRA Balance®
- Location: Coccyx, legs, feet
- Benefits: Stability, ground emotions

**“Never use more than three oils in your routine, because there is a lot of energy being processed in a yoga session, and you want to prevent overload. Also, make sure that you ask about sensitivity to essential oils before you begin. You will need to pay attention to the general feeling of the class to determine which oils to use.”**

Just after she became certified, essential oils came into the picture. She shares, “I took a class in California where they used essential oils in their yoga routine. They primarily used essential oils during the relaxation portion at the end of the class, called savasana or corpse pose. The instructor went around with Lavender, and it took me to a deeper place and boosted all the effects of yoga for me. I went home and decided that I wanted to incorporate essential oils into my yoga classes.” After years of using other brands of essential oils, Adabelle was

introduced to doTERRA. “My sister-in-law, Heather Carson, gave me the Introductory Kit, and I wondered where these oils had been all my life. The rest is history.”

Adabelle uses essential oils aromatically, topically, and internally in her yoga classes primarily using Lemon, Lavender, and Peppermint. She finds that essential oils enhance the emotional support and therapy that yoga provides, besides the more obvious physical benefits. She says, “Essential oils create a bridge for both the novice and the expert who may have been doing yoga for a long time, but was never taught the purpose behind it. By using the essential oils, they can bridge that gap. When you breathe them in, you get it.” She finds that essential oils enhance the emotional support and therapy that yoga provides, besides the more obvious physical benefits. She says, “Essential oils create a bridge for both the novice and the expert who may have been doing yoga for a long time, but was never taught the purpose behind it. By using the essential oils, they can bridge that gap. When you breathe them in, you get it.”

Adabelle Carson doTERRA Diamond



**ESSENTIAL OIL ROUTINE EXAMPLE: MOOD BALANCING**

1. Begin with doTERRA Breathe. To connect yourself more deeply to your breathing, place a drop or two in your palms and bring them in a tent to your face. Close your eyes and focus on your breathing.
2. Use Peppermint to get going. Place a few drops at the top of the mat and create a circle. Peppermint works a lot like a mantra; it helps you to focus and has calming properties. It also is a great reminder to breathe.
3. Use doTERRA Balance right before corpse pose. Place the oil on your feet to help you relax into the pose.

## DIY: Lavender Eye Pillow

- ½ cup dried lavender flowers
- ¼ cup flax seed
- 5-7 drops Lavender essential oil
- 28" x 4" pieces of fabric

Sew the fabric together and leave one short side open for filling, then fill the center with lavender flowers and flax seed. Place the Lavender essential oil on the inside of the pillow as well. To finish, close the open side with a sewing machine or by hand stitching.

## DIY: Henna

Basic Recipe:

- ¼ cup or 20 grams fresh henna powder
- ¼ cup lemon juice
- 1 ½ teaspoons sugar
- 1 ½ teaspoons essential oil of your choosing

