

Essential Wellness Workshop

@ Umina Beach Yoga



Hello Bliss is excited to show you how to take control of your health by using safer, more affordable and even more effective natural alternatives.

Learn about helping your family with:

Colds, flu, allergies, sleep issues, migraines & headaches, burns, depression, stress, anxiety, weight issues, dermatitis, pain and emotional stress/issues

Medicine Cabinet Makeover

Workshop provides a hands on introduction to doTERRA's amazing essential oils. Learn about natural remedies as a more effective, life changing alternative.

**FREE Essential Oil Sample for
yoga members who attend!**

Date: Friday 9th Dec

Time: 6.30pm

**Bookings Required: 7th December
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birth | kids | pregnancy | postnatal | therapeutic | gentle | dynamic

