



UPCOMING EVENT:



INTRODUCTION TO AROMATHERAPY

Learn the basics of aromatherapy including how to use essential oils to prevent and relieve stress, pain, and illness.

Create your own essential oil blend to take with you!

Friday, April 5th from 7 to 8:30 pm

\$20/person*

**includes the cost of supplies, which will be provided*

At Open Door Tea, 3552 Main St, Stratford, CT 06614

Sign up at Open Door Tea or call during open hours at (203) 345-9659

Your instructor, **Kristina Foye, MSW, RYT** is a social worker, yoga teacher, and Reiki Master. She has studied aromatherapy, uses essential oils daily in her home and work, and loves creating customized blends for family, friends, and clients. In addition to working in the human services field for 20 years, Kristina owns Stratford-based Shanti Healing, LLC where she offers Reiki, yoga, meditation, and aromatherapy. Visit www.shantihealing.org for more information!