

# boost energy & reduce fatigue springtime yoga & oils

**Saturday April 29th 4-6 pm**

There are a number of benefits to adding essential oils into your life. A common problem many people deal with is a lack of energy and low stamina. So how can we increase energy and motivation naturally? Yoga & oils!

Join Shannon Kraegel to learn how essential oils can keep your body and mind energized and focused throughout the whole day!

First up is a 1-hour energizing yoga flow class infused with essential oils. Following yoga, we will discuss how essential oils can help energize the body and focus the mind. Make a bottle of energizing oils to take home and use when fatigue hits. During our chat we will sip on a powerhouse drink packed with uplifting essential oils and antioxidants to rev up your energy.

Cost is \$30 in advance, \$35 at the door

Register at [www.redlotusyoga.com](http://www.redlotusyoga.com) or 248.601.9642  
1900 S. Livernois Rd. Rochester Hills



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