



# You're Invited!

Come sample and get introduced to essential oils at South First Friday Artwalk (SoFF). Learn how they can be used to support a wide range of emotional, mental and physical wellness:

- Support your digestive, immune, & respiratory systems
- Clean your house naturally
- Lift your mood, reduce anxiety
- Minimize symptoms from seasonal changes
- Invigorate your workouts & soothe your muscles
- Enhance your yoga and meditation practice
- Plus much more...



**DATE: November 3rd @7pm-10pm**

**LOCATION: Downtown Yoga Shala**  
450 S. 1st Street, San Jose  
(408) 885-1000

Contact Nikki:  
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**dōTERRA**  
Wellness Advocate



## ABOUT NIKKI

As a Yoga Teacher and Wellness Advocate, Nikki is passionate about supporting others with their health and wellness goals through yoga, meditation, essential oils, holistic alternatives and mindfulness practices.