Yoga and essential oils

**A quick reference to using Essential oils –by Christina South, E-RYT, R-HYI**

**The two ways we use essential oils in yoga:** Diffuse, Apply Topically, and Ingest

**Essential Oil Safety-**Dilute oils using a carrier oil not water. Water will actually drive the oil into the skin or eyes. (carrier oils: coconut oil, jojoba oil, avocado oil, and unscented lotions)

**How to select essential oils: An Intuitive Approach**

**Intuitively Using Oils**

1. Floral scents-neroli (orange blossom), rose, jasmine, lavender, etc.

2. Fruits-citrus-orange, lemon, grapefruit, lime

3. Trees, barks, wood-pine, cedarwood, sandalwood

4. Root and Rhizomes-valerian, ginger, angilica

5. Grasses/Herbs-vetiver, sage, rosemary, oregano, basil

**Practice Guide-How to integrate Essential Oils into Your Yoga Practice**

**Class size:** May need assistance if you have a large class.

**Welcome/Check-in:** Diffuse oils during welcome portion of class. \*Add to water (only oils labeled as dietary supplement should be used.)

**Set Your Intention/Opening postures**-Diffuse oil, or apply a few drops on the wrist cup hands over face (avoid getting in your eyes, or on your face). Inhale deeply, as you set your intention. (You can apply with cotton balls, and even hold the cotton ball at chest level and inhale)

**Active portion of practice**-continue diffusing, or place a drop of oil on your wrist or the bottoms of your feet. You can also apply cooling oils to the back of the neck.

**Final Relaxation**-Apply a damp towel over the eyes-Add a few drops of oil on the towel.

**Teachers**-apply diluted essential oils to areas of body while practicing yogic touch. If applied on the hands of a student remind them to wash their hands after class, and avoid contact with the eyes.

**Lesson Planning**

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| **Sequence** | **Essential Oil**  | **Application Method** | **Asanas** | **Time** |
| Welcome/ Check-in |  |  |  |  |
| Class Intro/Intention |  |  |  |  |
| Grounding/Pranayama |  |  |  |  |
| Asana |  |  |  |  |
| \*Principle Asana |  |  |  |  |
| Savasana |  |  |  |  |

**Notes:**