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5 Essential Oils to Enhance Your Yoga Practice

Life Coaching + Yoga + Essential Oils

Yoga and Essential Oils go together like salt & pepper. They are the perfect marriage. Here are a few of my favorite oils to enhance my Yoga Practice.

[**Note:** The asterisk* indicates oils that are in the Premium Starter Kit from Young Living.

[**NOTE:** Essential Oils are not all made the same. Like anything, quality matters and you get what you pay for. PLEASE use caution if you choose to use any brand except Young Living. I have done the research. Trust me when I say it is the truly the *only* brand I trust for my kiddos!]

Get Ready



Oil #1: Peppermint & Peppermint Vitality*: Peppermint oil is my go to for getting my energy up. I especially love it to wake me up for an early morning practice. Wow!

- Take a drop of Peppermint Vitality in your palms. Dip you pinky in the drop and swipe the roof of your mouth. Enjoy the eye opening experience!
- Make a spray for a refreshing facial spritz: In a 2oz glass bottle, add water and 4-5 drops of peppermint oil. KEEP YOUR EYES CLOSED as you spray.



Supplement: Nitro & Ningxia Red*: I know these aren't oils, but they are oil infused. I would be remiss not to add them to this list because they are the BEST go tos for more energy and umph to get yourself to your yoga mat. With a base of goji berries, a superfood full of antioxidants and nutrients, drinking these regularly will be a game changer for energy, vitality and focus. Trust me.



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It's time to practice!

relax the mind

With these oils, I like to either get the diffuser going in my practice space or make myself a human diffuser by rubbing the oils into my forearms — I get a whiff whenever my arms pass my nose. :-) You can also simply take a drop in your hands, rub them together and deeply inhale.



Oil #2: Lavender*: Known for its calming properties, this oil is a great start to any yoga practice.

Oil #3: Stress Away*: My favorite blend. I LOVE it for calming my chatter in my mind. I carry this one with me all the time.



Oil #4: Envision: Ready to think bigger? Yeah, this oil has that for you. This oil blend beautifully with a standing practice or backbends which bolster confidence and courage — so you know you CAN do what you want to do!

Oil #5: Release: When it is time to let go of something — from a limiting belief to resentment to a memory that keeps you stuck. Partner this oils with a twist practice. (Ummm...you may want tissues for this practice. At least, that has been my experience!)



Oil #6: Acceptance: Learning how to feel deserving of something in your life? This oil blend will help you accept into your life the next wonderful thing! I like to pair it with a restorative yoga practice.

Oil #7: Frankincense*: Amazing oil to deepen the spirituality of the moment. Especially lovely for your meditation session.



After Your Practice

Oil #8: Purification: Stinky yoga mat? Oh, yeah, there's an oil for that! (I also use it if my class happens to be following a really sweaty, stinky class.) Just add a few drops to a glass bottle, add water, and voila! A safe, non-toxic air freshener!



Oil #9: PanAway*: Love this oil! Penetrating with a cool heat, your tension will melt away!

- Take a drop in your palm, add a carrier oil (any cooking-grade vegetable oil such as jojoba, avocado, coconut) then rub anywhere you need it.
- Add a few drops o 2 c of Epsom Salts and enjoy a therapeutic bath.

Oil #10: Deep Relief: The perfect roll on for on-the-go needs.

- Penetrating yumminess. Roll on anywhere your body needs a little love.



Ready for more?

Life Coaching + Yoga + Essential Oils

Grab these oils for yourself:

Find our more about ordering: <https://tinyurl.com/LEYoungLiving>

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Website/Blog: LauraErdmanLuntz.com

Facebook Group: [Facebook.com/groups/MuseLaura](https://www.facebook.com/groups/MuseLaura)

YouTube: <https://tinyurl.com/LEYouTubeTV>

Podcast: <https://tinyurl.com/IgniteYourLifePodcast>

Pinterest: <https://www.Pinterest.com/Muselaura/>

Instagram: @MuseLaura

* Please note: These suggestions are for Young Living Essential Oils only. Not all oils have the same purity level therefore cannot be used topically or internally.

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