

WORKSHOP OVERVIEW & TIMING

The EssentialYoga Program workshops are designed to be co-taught by two instructors – a Yoga instructor and an Essential Oil Instructor. Each person has a distinct part in a successful workshop. Success depends on talking through a few details in advance to assure a graceful flow between the segments of the event.

GOALS FOR THE WORKSHOP

The goal of the workshop is to deepen and enhance the yoga practice and theme using appropriate yoga class sequencing with pauses for the aromatic, topical or internal use of doTERRA essential oils. The workshops are a wonderful way to introduce people to the quality and therapeutic impact of doTERRA's CPTG Certified Pure Therapeutic Grade essential oils within their practice and for home use. Often immediately following the workshop, or through our follow up efforts with workshop attendees – we will find them eager to incorporate doTERRA essential oils into their own lives and practice. It is important to be prepared for this next step. The workshop follows the theme and progression for the chosen month, as outlined in the book, *The EssentialYoga Program*.

WORKSHOP TIMING & HELPERS

The EssentialYoga Program was designed as a two-hour workshop which can be adapted with shorter yoga segments of the workshop, or by eliminating one of the essential oils from the workshop if a shorter workshop is required. The two instructors must decide who is providing: oils, Tear Pad, water and cups, diffuser, enrollment paperwork, pens, essential oil samples, and any books or retail oils for sale. Discussion about marketing, division of income received as well as enrollment plans and follow up for students interested in doTERRA should be covered in the final pre-workshop meeting. It is important that one "helper" is available to apply or pass oils to students, for every 6-8 expected attendees and that helpers are instructed on proper oils application prior to the start of the workshop.

TEAMING UP AS INSTRUCTORS

Instructors will pass the speaking roles back and forth with pauses to apply oils during the workshop. A simple "nod" or comment such as "(Oils instructor) will now tell us about (name of essential oil)" signals your partner to begin leading the next aspect of the workshop. On the following page, see the outline of which Instructor handles which role, and about how many minutes are typically allotted to each aspect of the workshop.

APPROXIMATE TIME FOR WORKSHOP SEGMENTS

	Yoga Instructor	Oils Instructor	Minutes if 60-Min Workshop	Minutes if 90-Min Workshop	Minutes if 2-Hour Workshop
Greet guests, sign in, water with oils	Helpers	Helpers			
Welcome, Intro of Instructors	X	X	2	5	5
Intro of Theme, Tear Pad info & oils used		X	5	10	10
Describe and pass diffused oil for aroma		X	↓	↓	↓
Describe & pass internal oil for aroma		X	↓	↓	↓
Begin Centering & Breathwork	X		8	10	10
Introduce & apply oil used topically in Breathwork		X	↓	↓	↓
Continue Breathwork sequence	X		↓	↓	↓
Introduce & apply oil used topically in Main Body of Class		X	25	30	40
Begin Main Body of class sequences	X		↓	↓	↓
Introduce & apply oil used topically in Seated Poses		X	10	15	20
Begin Seated poses sequences	X		↓	↓	↓
Begin Savasana	X		5	8	10
Introduce & apply oil used topically in Savasana with students already in repose		X	↓	↓	↓
Conclude yoga portion of workshop	X		1	2	5
Review oils used. Encourage those interested in knowing more about oils & how to get some, to meet outside classroom, or come to discuss afterward		X	2	5	10