

dōTERRA

YOGA COLLECTION

A GUIDE TO THE UNITY OF YOGA AND ESSENTIAL OILS



dōTERRA

THE POWER TRIO

Exclusive oil blends designed to enhance
your life and yoga practice



ALIGN

- Features Bergamot, Coriander, Marjoram, Peppermint, Jasmine absolute, and Rose essential oils
- Promotes feelings of self-acceptance and fluidity
- Encourages harmony and calm progress
- Ideal yoga poses with Align: Warrior II, Triangle, and Gate Pose

ARISE

- Features Grapefruit, Lemon, Osmanthus, Melissa, Siberian Fir essential oils
- Inspires moments of reaching your highest
- Supports stability and endurance
- Use to set intentions of happiness, clarity, and courage
- Ideal yoga poses with Arise: standing, arms high, and Half Moon



ANCHOR

- Features Lavender, Cedarwood, Frankincense, Cinnamon Bark, Sandalwood, Black Pepper, and Patchouli essential oils
- Promotes trust in yourself with a calming strength
- Use to set intentions of moving forward with a steady foundation
- Ideal yoga poses with Anchor: seated meditation, seated twist, and Bhu Mudra



ESSENTIAL OILS, YOGA, AND MOOD

Essential oils influence mood and emotions. They have a direct connection between the nasal passages and the limbic or "instinctive brain." When essential oils reach the olfactory bulb, odor impulses travel directly to the limbic system, specifically the hypothalamus, which strives to bring the body back into homeostasis or a balanced state. Each essential oil has therapeutic properties in that they are stimulating, calming, balancing, sedative, etc. When you smell an essential oil that is vibrationally calming to the body, then the limbic system will confirm by sending the message to relax and calm the body. In this way, essential oils provide new energetic imprints or patterns in our thinking, much like the practice of yoga.

Yoga and essential oils work in tandem to help us to design our moods and create new moments where we are in charge of our emotional state, and how it is released from us into the world.





USING THE YOGA COLLECTION IN YOUR YOGA PRACTICE

ANCHOR

- Use at the start of your practice
- Place on tops of the feet, wrists, base of spine, lower back
- Start practice lying down with deep breathing exercises

CONTEMPLATION

- Who is serving as an anchor in your life?
- Who helps you locate and stay in your steady foundation
- Can you hold gratitude for anyone who serves as an anchor to you with their presence in your life



USING THE YOGA COLLECTION IN YOUR YOGA PRACTICE

ALIGN

- Use during more active state of practice
- Apply over heart, wrists, and back of neck
- Can apply before a complicated posture

CONTEMPLATION

- Who helps you stay on course?
- Who helps you stay on purpose, centered in your heart space?
- Can you hold gratitude for the inspiration to hold that center steady and clear?



USING THE YOGA COLLECTION IN YOUR YOGA PRACTICE

ARISE

- Use during the most active part of the practice toward the end with an apex pose
- Also use during times of meditation
- Apply on temples, wrists, pulse points, back of neck

CONTEMPLATION

- Who lights you up?
- Who has inspired you and lifted you?
- Can you hold gratitude in your heart for those who help you remember your highest, your light, and your courage and vision?



DIY: YOGA MAT SPRAY

INGREDIENTS

- 3/4 cup distilled water
- 1/4 cup alcohol-free witch hazel or white vinegar
- 5 drops Lavender oil
- 3 drop Tea Tree oil
- Glass spray bottle

INSTRUCTIONS

1. Combine all ingredients in glass spray bottle
2. Shake until combined
3. To use, spray on mat and wipe dry with towel