



The Blossoming Heart®

Begin the journey of awakening your heart

Create the best possible conditions for your body to heal itself

Be supported and inspired by the power of essential oils

Enhance the spirit, look and feel of your life

Discover techniques that will change your life forever

Robbi Zeck ND is the developer of Aromatic Kinesiology®, an empowering system of energetic medicine, which blends the harmonizing influences of essential oils with gentle healing techniques that balance the emotions, transform stress and create wellbeing.

Her pioneering work on the psychological benefits of essential oils and how they affect the integration of emotional experiences is beautifully portrayed in her deeply moving workshop series based on her inspirational book *The Blossoming Heart*. Now in its second printing, the book was translated into Mandarin and Spanish in 2006.

Robbi is dedicated to inspiring people to find their own voice through discovering their passion, vision and purpose and assisting them to become the creative force in their own lives. The Blossoming Heart workshops are all designed to offer tools, strategies and support for creating a vision for successful living and wellbeing.

Her seminars and retreats have been conducted in France, Ireland, Indonesia, China, Hong Kong, Taiwan, USA, Australia and New Zealand. Robbi is committed to opening the way for people to create the best possible future for themselves, sharing in her vision for a healthier, joyfully enriched life for all.

For more details please visit:

www.blossoming-heart.com

This is a rare opportunity to study with Robbi Zeck ND the author of *The Blossoming Heart – Aromatherapy for Healing and Transformation*. Robbi's pioneering work on the mood enhancing and stress releasing properties of essential oils integrated with her extensive background over more than 30 years in the healing arts, has empowered individuals, practitioners and educators around the world, to enhance their abilities in gently reducing stress and increasing internal balance and wellbeing.

Embark on a healing journey of personal renewal that will enhance the spirit, look and feel of your life using essential oils as potent aromatic anchors, to restore balance and facilitate positive change.

This extraordinary program will empower you with an understanding of essential oils, aroma and the soul. *The Blossoming Heart* embraces beauty, transformation and balance, focusing on how to influence your physical health, your state of mind and your connection to spirit through exploring aromatherapy from an emotional perspective.

When emotions are harmonised with the effects of essential oils strong intention and genuine heart, the body gently responds as it was designed – as a self-restoring network. The key to wellbeing is to allow self-care to become an important practice in your daily life. Influenced by the powers of scent, your energy flows and your lifestyle will be refreshed and invigorated as you learn new skills for your own development and also for those whose lives you touch.

Topics covered will include:-

- How emotional patterns affect your health and wellbeing.
- Effective techniques to reframe emotional issues and reduce stress.
- Kinesiology – how to hear, feel and understand the body's voice.
- Practical skills to relax the body/mind while deepening awareness of the connection between essential oils, emotions and the body, mind and spirit.
- The relationship between essential oils and the acupuncture meridians.
- Exploring how daily use of essential oils can enhance and change your life.
- Emotional stress release.
- Essential oils and the emotions.
- Blossoming Heart meditations.
- The art of reflective and introspective practice.
- Blossoming Heart Affirmations.
- Wellness strategies for use at home and in the work place.
- The Essential Oil Reflections as metaphors for change.

Workshop Logistics:-

Dates:

- St Petersburg FL 9-10 October. Fee \$395
Sylla Sheppard-Hanger:- p: 813 265 2222 e: sylla@tampabay.rr.com
- Palatine Chicago IL 19-20 October. Fee \$395
Lynn Bartczak:- p: 630-863 2409 e: lynnbartczak@yahoo.com
- Minneapolis MN 23-24 October. Fee \$395
Jill Rivard:- p: 952 935 9903 e: jill@plantextractsinc.com

Bookings:

Numbers are limited, so to secure your place please visit:-

www.blossoming-heart.com/booking-request.htm