

*"Happiness
is not a goal
in and of
itself; it is a
side-effect of
doing what
you are
meant to do
in this life."*

DR. BENJAMIN PERKUS

ABOUT YOUNG LIVING ESSENTIAL OILS

With over 20 years in the essential oil business, Young Living is proud to set the standard for essential oil purity & authenticity by carefully monitoring the production of our oils through our unique Seed to Seal process. From the time the seed is sourced until the oil is sealed in the bottle, we apply rigorous quality controls to ensure that you are receiving essential oils exactly the way nature intended. No chemicals or pesticides are ever used on our plants. We have the largest selection of essential oil singles, blends, & products on the market.

For more information on Young Living's commitment to essential oil purity, visit https://www.youngliving.com/en_US/discover/seed-to-seal

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*The
Aroma
Freedom
Technique*

EXPERIENCE THE BREAKTHROUGH

www.VioletPetalsYoga.com

[A]roma [F]reedom [T]echnique

Aroma Freedom Technique (AFT) was developed by Dr. Benjamin Perkus, a Clinical Psychologist since 1996 and veteran essential oil practitioner.

This step-by-step process was designed to be learned and used by anyone wanting to experience more freedom in their lives. It is an entirely new approach to aromatherapy, one that uses the power of pure essential oils to instantly and irresistibly shift a person's mental state, mood, and ability to take positive action.

Through this process you will learn how to identify what you really want in life, what is blocking you, and how to release these blocks in a matter of minutes. You then apply daily practices to keep you on track and solidify your positive intentions.

Learn more about Dr. Perkus by visiting www.aromafreedom.com

Read what others are saying about AFT:
www.aromafreedom.com/pages/testimonials

BENEFITS OF AFT

1

Obtain clarity of purpose

2

Remove mental blocks

3

Release negative emotional patterns

4

Overcome doubt & procrastination

5

Build confidence

6

Realize goals

AFT is gentle, powerful & effective!!!

Who is AFT for?

INDIVIDUALS ~ GROUPS ~ FAMILIES

BUSINESSES ~ COMMUNITIES ~ ETC.

Sign up today!

- **EMAIL:**
adrienne@violetpetalsyoga.com
- **Subject Line:** "I'm ready for AFT!"
- **OR...CALL:** 732-603-9642 to request an appointment
- **In-Person or Remote** (via Zoom or Skype) individual or group sessions available
- **We exclusively use Young Living Essential Oils** in all of our sessions
- **Ask me about special AFT certification class discounts!**
- **Questions? Contact us today!**



Hi, I'm Adrienne Rowe, founder of Violet Petals Yoga OASIS, with a sacred invitation for your *Healing and Rejuvenation*. As a Yoga Teacher, Lifestyle Mentor, and an Aroma Freedom Technique practitioner, I teach and guide individuals how to Nourish and Energize themselves so they can feel *Grounded, Calm and Clear*, and *Realize their True Potential* to experience a sense of freedom in every area of your life.