

What is AFT?



Developed by clinical psychologist Dr.

Benjamin Perkus, the

Aroma Freedom Technique (AFT)

uses *Young Living Essential Oils* in a 12-step process that allows the mind to gently release negative emotions to shift towards a more positive outlook and perspective with immediate and lasting changes.

About Adrienne

Adrienne is a gifted teacher and expert at teaching her clients how to *Center* themselves. She is a Licensed Spiritual Healer,



a Certified and Registered Experienced Yoga Teacher (ERYT-500), a Wellness and Self-care Facilitator, and a Certified Aroma Freedom Technique (Practitioner. Adrienne teaches and guides individuals who struggle with feeling *stuck*, *exhausted*, and *overwhelmed* how to Nourish and Energize themselves to experience *Clarity, Ease and Peace*.

Book Adrienne for a *private or group session, workshop, seminar, retreat, or conference*
www.VioletPetalsYoga.com

Are You Ready To...

Increase Confidence
Feel More Grounded
Release Feeling Stuck
Clear Unwanted Habits
Experience Harmonious
Relationships
Overcome Procrastination
Deepen your Inner knowing

Contact

Adrienne Rowe

Adrienne@VioletPetalsYoga.com

www.VioletPetalsYoga.com

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*Aroma
Freedom*
TECHNIQUE™



PRACTITIONER

**Take the Next Step to
Realize Your True Potential**