

Aromatherapy Classes

AN INTRODUCTION TO AROMATHERAPY Learn how you can incorporate aromatherapy and essential oils into your everyday life. We will discuss what essential oils are, how they affect the body & mind, and how to use them for their aesthetic & therapeutic effects. Each participant will receive a sample oil.

BASIC AROMATHERAPY CLASS In this 2-part class you will explore 10 essential oil profiles, properties of carrier oils and basic blending concepts. Everyone will create their own blend to bring home.

AROMATHERAPY - THE ART & SCIENCE OF BLENDING WITH ESSENTIAL OILS In this two-part class we will learn how to build blends for different applications including body care, healing blends and perfume oils. Blending guidelines and styles of blending will be presented. *Part two* is a hands on experience in which we will create blends as a group and individually. You will create a blend to take home. *Prerequisite: Basic Aromatherapy Class*

AROMATHERAPY - THE MAGIC AND MYSTIQUE OF PRECIOUS ESSENTIAL OILS Let's sample and savor the scents of precious oils in this very experiential class. The history and application will be presented as well as methods of extending and substituting other essential oils. Choose your favorite to make a perfume oil to take home.

THE AROMATIC BATH - Bath Oils, Salts, Bubble Baths & Shower Gels In this workshop you will learn how to use essential oils for healing and enjoyment in the bath and create your own bath salts to take home.

AROMATHERAPY - CLEANSING & PURIFYING Learn how aromatherapy can help to cleanse and purify the physical body and the energy field that surrounds it. The use of essential oils, hydrosols and bath salts will be addressed.

AROMATHERAPY & WINTER COLDS, FLUS & BLUES Learn how essential oils can be used in the prevention, treatment and symptom relief of common

Consultations • Custom Blending • Parties

Carol von Rohr



Carol has been the owner of Spirit Dancer Books & Gifts and Star Root Aromatherapy since 1997. The opportunity to teach brings to fruition over 25 years of professional and personal experience and exploration into the area of holistic health, alternative healing modalities, and vibrational healing techniques.

Carol provides consultations and specializes in creating healing blends at Star Root's custom blending bar. She also private labels the Star Root brand of essential oils and aromatherapy products.

Carol brings her many years of experience with vibrational healing tools at Spirit Dancer to her sound healing classes. She has trained with David Hulse of SomaEnergetics Tuning Forks and William Jones and Paul Utz of Crystal Tones Quartz Crystal Singing Bowls.

In 2003 Carol began working with the Aura and Chakra Imaging System, providing biofeedback sessions to empower others on their path to self-healing.

Carol first experienced the Light Labyrinth in 2004 and has traveled around the country working in association with its creator, Kirby Seid of Ancient Technologies.



Spirit Dancer Books & Gifts / Star Root Aromatherapy
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EXPERIENTIAL CLASSES WORKSHOPS AND EVENTS USING VIBRATIONAL HEALING TOOLS

Aura & Chakra Imaging
Photos & Biofeedback Sessions

Sound Healing Classes
With Quartz Crystal Singing Bowls
and Tuning Forks

Light Labyrinth Experience
Individual Sessions
Group Experiences
Trance Dance Events
Private Parties

Aromatherapy
Consultations • Custom Blending
Classes • Parties

**For Sales and to Book
Individual or Group Events & Parties Call**

Carol von Rohr

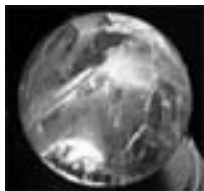
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The Light Labyrinth Experience

Join us for the Light Labyrinth Experience

Light, color, sound and music are combined with spectacular quartz crystal to create a unique multimedia experience for deep trance meditation and healing.

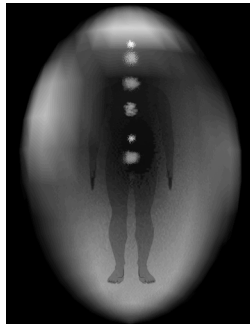
Cutting edge light / mind technology allows us to access liminal states, the states between the conscious and the unconscious. Crystal acts as a resonance mechanism to translate energies to and from the brain, helping us to tap into expanded awareness. The Music Visualizer™ allows viewers to see with color and light what they are hearing.



Quartz Crystals on Light Labyrinth

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www.crystallabyrinth.com

Aura & Chakra Imaging



Full Body Aura & Chakra Image



Individual Headshot of Aura

The *Aura* is the electromagnetic energy field surrounding living organisms. This field vibrates at different frequencies and reflects one's state of Body, Mind & Spirit.

Our *Aura & Chakra Imaging Station* is a sophisticated biofeedback system that measures and reproduces in real time and in color, the electromagnetic field of the body. It provides people with an image of their subtle energy body and in its highest and best use, it provides valuable information to those utilizing any healing modality within the field of vibrational medicine.

Photos and Interpretations

Biofeedback Sessions

Individuals • Group Events • Parties

Sound Healing

With Quartz Crystal Singing Bowls
And Tuning Forks

TUNING FORKS AS SOUND HEALING TOOLS- AN INTRODUCTION Come learn how sound and vibration can act as an organizing force within the body to promote health and well-being. The concepts of frequency, resonance and entrainment will be introduced and techniques will be presented. In this experiential class you will have the opportunity to play with the many different types of tuning forks that are available.

TUNING FORKS AS SOUND HEALING TOOLS- THEORY & PRACTICE Join us for a discussion and demonstration of the use of tuning forks for personal healing. Various types of tuning forks and their effects on the physical body, chakras and meridians will be presented and specific techniques will be practiced. Take this opportunity to learn how the use of tuning forks can be incorporated into your everyday life for healing, stress-reduction, relaxation and meditation.

QUARTZ CRYSTAL SINGING BOWLS AS MEDITATION TOOLS In this class, we will explore how quartz crystal singing bowls affect the body to promote and deepen meditative states and enhance the practice of toning and chant. Learn basic toning techniques and how to use chant and singing bowls to balance the chakras. Bring your voice and your intention, and together we will learn to create healing harmonies.

QUARTZ CRYSTAL SINGING BOWLS AND THEIR HEALING EFFECT This is an experiential class in which we will discuss basic sound healing principles and their application in using quartz crystal singing bowls for healing practice. We will discuss the science of sound and vibration and their effect upon the body, mind and energetic field, including the similarities between the crystalline structure of the bowls and the human body.