

## Why did I choose the combination of yoga and aromatherapy?



When I started teaching yoga I was surprised how many people are disconnected from their souls. People said: "I need to practice yoga so that my body doesn't hurt. I said: "Yes, it's ok, it is a very good intention." But I knew that they needed to take care of their souls first, then the mind and finally the body. However many people don't accept this information at first. For this reason, I choose a more gentle approach to realizing the needs of our soul and mind through the scent of herbs.



The scent of herbs very strongly affects the soul and mind of humans and animals. Herbs remind us of our soul with their delicate scent. Depending on how the plant looks, we judge the effects. It is similar to humans and their moods. We recognize scents that can cheer up, calm, warm, cool, relax, stimulate memory and attention, and more.



Our sense of smell can recognize whether the smell is pleasant for us or not. The smell is associated with the root chakra, which is responsible for our safety. Therefore, according to the smell, we choose whether to stay or run. That's why I always choose only pleasant scents during yoga lessons that are safe for everyone without distinction. Just as some plants are life-threatening in nature, the smell of herbs is contraindicating for certain types of people. That is why I approach the smell of herbs with respect.



I often choose the scents of citrus and forest during lessons, because they are generally very positively received by all people. In addition, citrus essences stimulate joy and the scent of the forest supports our breath.



During the year, I follow natural cycles and choose according to the scent with reflection on the current season. Because we need to warm up in winter, I choose a slightly warming scent and, on the contrary, cooling in summer.



In this way, I lead other people to be more receptive to nature, which we are a part of, and at the same time, to ourselves. People who attend aroma lessons find it easier to talk about their feelings and can easily realize their connection with the physical body.



Over time comes the realization that each season, as well as the lunar cycle, is associated with a different energy (yin, yang), different needs and manifestations of emotions and the physical body.



Aroma yoga is suitable for anyone who feels the need to relax, connect with nature, create balance within themselves. You don't want to run away from the sweet-smelling atmosphere, you forget about time and easily surrender to the power of the present moment.



You will learn how to easily and safely use aromatherapy in practice when you visit one of the aroma yoga classes.