

# Leap Toward Radiant Health, Beauty, and Vitality

## With Pure, Organic, Therapeutic-Grade Essential Oils

Energize, balance, calm, purify, and rejuvenate the mind and body using "nature's living energy"

**Saturday, February 7, 2009, 2:00 PM – 5:00 PM**  
**Ginseng Yoga, 2985 Beach Street, San Diego, CA**

**Uplifting, protective, calming, and regenerating**, essential oils are a unique gift from nature. The very essence of a plant, they are aromatic liquids that have been used as natural remedies for millennia. Come to this fun and informative **playshop** to learn how essential oils can help you:

- ☞ **Relieve stress, calm tensions, and promote relaxation**
- ☞ **Ease muscle tension and joint pain**
- ☞ **Eliminate digestive discomforts**
- ☞ **Boost your mood, energy and stamina**
- ☞ **Achieve peaceful sleep**
- ☞ **Supercharge your immune system**
- ☞ **Boost your confidence and positive attitude**
- ☞ **Elevate the mind and enhance your spiritual connection**

**Price: \$25 regular (\$45 for 2 people), \$20 students (\$35 for 2 people).**

**To register:** contact Ghada Osman, [yogago1@yahoo.com](mailto:yogago1@yahoo.com), 1 858 395 8023

**For more info:** contact Izabella Tabarovsky, [izabella@ProjectCreativeVision.com](mailto:izabella@ProjectCreativeVision.com), 1 202 378 3041



**Izabella Tabarovsky** is a Washington, DC-based applied aromatherapy specialist, energy worker, and certified empowerment coach helping people create the lives of vitality, prosperity and purpose.

She works with therapeutic-grade essential oils to help clients improve health and wellness, release emotional blocks, and create dramatic and lasting change from within. She empowers clients to take a pro-active approach to their lives and follow their internal wisdom to attain extraordinary results in their lives.

Izabella received her aromatherapy training through the Center for Aromatherapy Research and Education. She holds a Masters Degree from Harvard University and is a graduate of IPEC, the leading coaching training school in the U.S. She is an advanced Iyengar yoga and meditation practitioner and has studied yoga with Patricia Walden and Peentz Dubble since 2000. She is part of a holistic health and spiritual community in Washington, DC.

Please visit [www.ProjectCreativeVision.com](http://www.ProjectCreativeVision.com) to find out more about Izabella's coaching and how it can benefit you. Visit [www.LavenderDispatch.com](http://www.LavenderDispatch.com) to sign up for Izabella's popular essential oils newsletter, Lavender Dispatch.