



**Healing Touch St Louis presents:**

## **"Grounding with Essential Oils" by Margaret Ganey**

Grounding is our beginning point so we will look at the history of Aromatherapy and what it is and how it works. Our grounding can move us from fear and anxiety to peace and trust. We will explore five essential oils that can help with grounding. Perfect to care for self and others. We will work with essential oils during the class and you will leave with your own grounding inhaler.

**Date:** Saturday October 21<sup>st</sup>, 2017 **Registration:** 8:30am **Class** 9:00-12:00 (Please arrive early to allow time for registration and payment) **Cost:** HTSL Member \$30 Non Member \$40 (cash or check please. we are unable to accept credit cards) **Location:** Missouri Baptist Medical Center 3015 N Ballas Rd, St. Louis, MO 63131 Main Hospital Entrance Auditorium 2 & 3. Please park in the C garage or the north lot.

Auditoriums 2 & 3 are accessed by coming in the Main Hospital Entrance. Walk straight past the elevators. Turn right at the first hallway past the elevators. Follow this hallway until it ends at Auditoriums 2 & 3. Follow the signs!

**Break:** We will furnish snacks and hot tea. Please bring your own water bottles as we are honoring the earth's health and not providing bottled water. We do have mugs for the tea.

**Instructor Margaret Ganey RN, CHTP/I:** Margaret started playing with essential oils in 2003 and finding them a powerful healing modality continued to play and study taking a foundations class of 40 hours in 2010, taking some other workshops and then an Advance Certified Aromatherapy Program of 300 hours from 2013 to 2014. Hired by Nazareth Living Center January 2014 she works part time in Integrative Therapies of Aromatherapy and Healing Touch working with residents, visitors and staff. Margaret continues her education taking webinars and information put out by NAHA (National Association for Holistic Aromatherapy). In May 2017 she went to North Carolina completing an Aromatherapy Teacher Training Program of 35 hours through The School for Aromatic Studies.

### **REGISTRATION REQUIRED:**

(preferred) via website: <https://healingtouchstlouis.nursingnetwork.com/>

**OR – Call/Text or email Margaret Ganey 314-223-8751 [experiencehealingvibrations@gmail.com](mailto:experiencehealingvibrations@gmail.com)**

**A Certificate of Attendance will be awarded.**

