



# HOWLING AT THE MOON PRODUCTIONS

PRESENTS

## WELLNESS WITH ESSENTIAL OILS

TAUGHT BY RUBY GIBSON, THM

APRIL 27, 2012 ☀ FRIDAY 10 AM-5 PM

Aroma is the oldest means of reaching and influencing the deepest human instincts. Fragrances can have a calming, stimulating, elevating or suppressing action. They enhance brain wave function, relax muscles, increase circulation, release emotions or stimulate your hormonal system, and work in a synergistic way in order to bring about a beautiful balance to body, heart, mind and soul. Through topical application or inhalation, therapeutic essential oils—the most concentrated plant fragrance—provide a relatively quick, convenient, safe and fragrant means to pain reduction, stress release, emotional balance and health enhancement. In addition, aromatherapy will lubricate your emotional body and brain to support healing with greater ease. Includes basic essential oil chemistry, action, and protocol.

- ☀ **Balance the Brain and Body with Therapeutic Grade Essential Oils**
- ☀ **Learn How Pure Essential Oils Impact the Limbic System of the Brain**
- ☀ **Integrate Essential Oils into Your Health Care Regime**
- ☀ **Use Essential Oils to Increase Concentration & Reduce Symptoms of ADHD**
- ☀ **Address Stress Patterns, Chronic Pain and Disease Processes**
- ☀ **Utilize Essential Oils for Self-Application or Assisting Others**
- ☀ **Young Living Essential Oils will be used in this workshop!**

*The sense of smell is the only one of the five senses directly linked to the limbic lobe of the brain, the emotional content center; anxiety, depression, fear, anger, gratitude and happiness all emanate from this region. The scent of a fragrance can evoke memories and emotions before we are even consciously aware of it. When you sniff something, signals from the odor receptors in your nose reach your amygdala first, producing an immediate, visceral reaction. Because the limbic system is directly connected to those parts of the brain that store and release emotional trauma, breathing, memory, and stress levels, essential oils can have profound physiological and psychological effects.*

*-Essential Oil Desk Reference*



Author of *My Body, My Earth, The Practice of Somatic Archaeology*, Ruby Gibson, ThM, LMT, is a doctoral candidate, certified somatic therapist, Brainspotting trainer and aromatherapist. Ruby is a somatic pioneer who bridges bodywork, human behavior, transformational psychology, neurophysiology and spirituality into a technique she developed in 1996 called Somatic Archaeology™. Ruby has worked with children and adults for thirty years, specializing in intergenerational recovery from trauma, abuse, injury, addictions, stress syndromes, and chronic pain. The use of Essential Oils are an invaluable aspect of her practice. A Colorado resident, Ruby will also be teaching a Generational Brainspotting™ training in NYC April 28-29, 2012. For details and to register visit [www.rubygibson.com/event-registration](http://www.rubygibson.com/event-registration).

**FOR MORE INFORMATION OR CLASS QUESTIONS CONTACT:**  
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**Location:** 135 East 50th Street, Suite 108C, New York, New York 10022  
**Cost:** \$85.00 payable by cash, check OR credit card on-line. Mail payment to Ruby Gibson, PO Box 111, Evergreen, CO 80437.  
**Registration:** [www.rubygibson.com/event-registration](http://www.rubygibson.com/event-registration) - Space is limited so we encourage you to register soon. Open to all those interested in wellness and natural healing. We keep our class sizes small so we can address your questions and individual needs.  
**Materials:** Handouts will be provided and Young Living Essential Oils will be included for use in class, or you may bring your own to use ONLY if they are therapeutic grade. Please do not wear perfumes or synthetic fragrances to class. We look forward to a powerful, experiential and informative training. I hope you can join us!

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