

Anoka-Ramsey
Community
College
Spring 2010

Certificate in Essential Oils



Instructor:

Jodi Baglien, CA, CST, is a mind-body practitioner working in private practice since 2001 in Osseo, MN. She is certified in clinical aromatherapy from *American College of Healthcare Science*, a certified shiatsu therapist and has a 20-year background in spiritual development and energetic healing methods.

Register Today!

visit

www.anokaramsey.edu/cect or call
763.433.1200

For more information contact:

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 **ANOKA-RAMSEY**
COMMUNITY COLLEGE
CAMBRIDGE • COON RAPIDS

Certificate in Essential Oil Therapies

This 18-hour Certificate in Essential Oil Therapies provides nurses, acupuncturists, CNA's, massage or shiatsu therapists, senior care providers, and all wellness-focused health professionals with foundation-level information and skills to confidently and safely select and integrate essential oils in care settings as well as personal and family uses. The instructor offers a unique East-West approach to essential oil uses and techniques.

Aromatherapy Foundations

Introduction to the art and science of aromatherapy that includes: methods and approaches in aromatherapy, anatomy of smell, determining oil quality, chemistry, safety guidelines and understanding the effects of aromatherapy on the body.

Applications and Formulating

Explore the profiles of seven commonly used essential oils - Lavender, Peppermint, Roman Chamomile, Lemon, Marjoram, Bergamot, & Tea Tree. Learn a variety of techniques for applying and working with oils, methods and insider tips for blending for aroma, therapeutic uses, or energetic uses.

Strategies for Stress and Emotions

Stress directly affects our moods, sleep, digestion, and muscle tension. Learn effective essential oil strategies for use as a preventative tool to counter the effects of stress. Explore five common emotions and learn techniques for balancing emotions using essential oils.

Eastern Approach to Healing

Working with traditional Chinese medicine principles offers another viewpoint on healing and energetic uses of essential oils for emotional and physical balance. For example -within this modality we can select oils to cool the heat, move stagnated or stuck energy, notify deficient areas, calm excess energy.

Essential Oils for the Respiratory and Musculoskeletal Systems

Review key concepts of the respiratory and musculoskeletal systems and the aromatherapy applications most effective for each system. Deepen your skills in the process of how to select, formulate, and apply essential oil treatments within safe and effective methods for common conditions.

Essential Oils and the Immune System

Explore how aromatherapy, when used preventatively, supports our natural immunity and improves our resiliency to stress and germs. Learn essential oil strategies for boosting the immune system and improving circulation.

Classes are held at Hermitage Farm

Friday, March 26

6:00—9:00 p.m.

Saturday, March 27

9:00 a.m.—5:00 p.m.

Friday, April 23

6:00—9:00 p.m.

Saturday, April 24

9:00 a.m.—5:00 p.m.

#1530 2.16 CEU \$395



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CENTER FOR HEALING

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