



*Practicing &  
teaching with the*  
doTERRA YOGA  
COLLECTION

---

ELENA BROWER



Practicing and teaching with the doTERRA Yoga Collection streamlines and simplifies the way in which we use Oils in practice.

# ANCHOR

## STEADYING

---

At the start of practice, Anchor offers an aroma that brings you down into your feet and your seat. With Essential Oils of Lavender, Cedarwood, Frankincense, Cinnamon Bark, Sandalwood, Black Pepper, and Patchouli in a base of Fractionated Coconut Oil, this Blend is rich, earthy, spicy and woody.



*Apply Anchor to wrists, ankles, tops or soles of feet, base of spine.*

---

## CONSIDERATIONS + CONTEMPLATIONS

Take a moment to consider who has served as an anchor in your life.  
Who helps you locate and stay in your steady center?  
Hold gratitude for the presence of that anchor in your world.

---

---

---

---

---

# ALIGN

## CENTERING

---

During practice, Align keeps you in a state of harmonizing, calm, progress. With Essential Oils of Bergamot, Coriander Seed, Marjoram Leaf, Peppermint, Geranium, Basil, Rose, Jasmine Flower in a base of Fractionated Coconut Oil, this Blend is fresh, herbal and lightly floral with a touch of spiciness.



*Apply Align over your heart, to wrists, and back of neck.*

*(Note: Avoid sunlight / UV rays for 12 hours after applying)*

---

## CONSIDERATIONS + CONTEMPLATIONS

Take a moment to consider who helps you stay in alignment in your life.

Who helps you stay on purpose, on your mission, centered in your heart?

Hold gratitude for the inspiration to hold yourself in clear alignment with your dreams.

---

---

---

---

---

# ARISE

## ENLIGHTENING

---

While Arise is wonderful during active practice to uplift your mood and brighten your spirit, at the end of practice, Arise invites your heart to rise and soften your mind. With Essential Oils of Lemon Peel, Grapefruit Peel, Siberian Fir, Osmanthus Flower, and Melissa Leaf in base of Fractionated Coconut Oil, this Blend is citrus, rich floral, sweet and bright.



*Apply to temples, wrists, and neck pulse points prior to your final meditation or journaling.*

*(Note: Avoid sunlight / UV rays for 12 hours after applying)*

---

## CONSIDERATIONS + CONTEMPLATIONS

Take a moment to consider who lights you up, who helps you rise to your highest.

Who helps you remember your best and uphold your highest vibration?

Hold gratitude for the courage and the vision you're hosting when you're in that state.

.....

.....

.....

.....