



Hello,

We are excited to have you registered for this upcoming class.

If an oil kit gift is included in the course, it will be mailed shortly after receiving your registration.

All classes are offered via Zoom. In addition, some classes are also being hosted in different locations around the country. In that case the timings will correspond to the time zone in that location. (i.e., a class in-person on location in Massachusetts will start at 9am Eastern time, a class in Seattle will start at 9am Pacific time.)

You will get the link for Saturday's session on the Friday before your class, along with the link to the workbook PDF. There will be a new link for Sunday's session sent after the class on Saturday evening. You can download the PDF for the course and follow along with the curriculum from there.

The first half of the workbook PDF is valuable general information about essential oils and how to use them. The second half of the PDF is for your specific course.

Each class is recorded. The links will be sent to participants a few days after the course. Any time Greg teaches this class in the future you will be able to take the class for free via Zoom.

What to expect during the class:

To start we keep everyone muted while Greg is teaching. You are always welcome to ask questions at any time which can be typed into the Zoom chat privately to the moderator or to the whole group. The chat is moderated during the entire class.

The overall structure of the day includes at least one 10-15 minute break in the morning and afternoon. Lunch is 1 hour and 30 minutes.

Greg starts the class with some information about the specific topic of the weekend. Then you will start using the oils. He will direct you to a specific oil. He will often lead you through inhaling that oil into specific areas of your body in a sequence. These are called 'patterns.' Often the patterns are repeated a few times, or a few different patterns are done with each oil. After taking a few minutes to sit and feel the effects there is time for Q&A and feedback about what you are feeling/noticing from the process. Sometimes this happens after using a few oils, sometimes after just one. This process is repeated throughout the weekend.

If you are participating via zoom, it is helpful to have your chat window open as technical information about the oils and the patterns that Greg gives is also repeated on the chat for your convenience during the process.

If you have any questions please send an email to plantpranacalendar@gmail.com.

