

Study Group: Respiratory and Endocrine

We are so glad that you are taking this Plant Prana class.

Please enjoy the recordings.

Below are the YouTube recording links, as well as the workbook PDF link.

Now that you are ready to take the class....

If you are new to Plant Prana here is a welcome letter to help you navigate the class.

New Student Welcome Letter:

https://plantpranaoils.com/wp-content/uploads/2022/04/Welcomeletter-for-beginners-1.pdf

Enjoy and practice the class again and again at your own pace and convenience. You can practice one section at a time or go through the whole booklet. Whatever works best for you. Practice directly from the workbook or relisten to the recorded class.

Now anytime Greg teaches this class in the future you can retake the class for free via zoom.

There are also many ways to stay connected and involved with Plant Prana:

Our Plant Prana Weekly Newsletter goes out every Monday and gives essential oil and protocol information, as well as practice session links, updated blogs, and upcoming class information.

You can sign up for our newsletter and keep up to date on all the Plant Prana happenings at:

https://plantpranaoils.com/newsletter-sign-up/

Practice Sessions:

Tuesdays we offer 2 Free practice sessions:

- 1. Q&A and Protocol Practice from 6p-7:30p Central Time. This session is a general Q&A about the use of essential oils. You can bring all your questions to the session where Greg will answer and give personalized and general information. This session is open to everyone.
 - 2. Deeper Practice from 7:30p-8:15p Central Time. Everyone is welcome to attend.

Links for both sessions are found in the weekly newsletter.

YouTube:

Our <u>YouTube channel</u> also has up to date practice sessions and other special recordings.

YouTube.com/plantpranaoils

Facebook:

As a student of Plant Prana you are welcome to join our private Facebook group community: Plant Prana Q&A where you can ask aromatherapy questions. Both Greg and other Plant Prana students share and answer questions.

(20+) Plant Prana Q&A | Facebook

We also have a public Facebook page: (20+) Plant Prana Oils | Facebook

Astara:

You may have heard Greg mention the Astara Sunday sessions during the classes. During our workshops on the weekend almost every Sunday we break for lunch at 12p Central Time to hold the Astara Sunday session. If you are curious about Astara here is a link to find out more.

Astara | United States

Here is the workbook PDF:

Endocrine PDF: https://www.plantpranaoils.com/wp-content/uploads/2023/04/April-30 2023 The-Endrocrine-System-Booklet.pdf

Respiratory PDF: https://www.plantpranaoils.com/wp-content/uploads/2023/04/April-29 2023 The-Respiratory-System-Booklet.pdf

Here are the YouTube Links:

Sat April 29, 2023 p1: https://youtu.be/kCPxoeOIYsY
Sat April 29, 2023 p2: https://youtu.be/fYdk-yfD6xo
Sun April 30, 2023 p1: https://youtu.be/5K7zDCtSGUc
Sun April 30, 2023 p2: https://youtu.be/dVSEYG3AlyA

Enjoy and we look forward to seeing you again soon.
Plant Prana Team





<u>Classes – Plant Prana Essential Oils (plantpranaoils.com)</u>