



## **The Energetics of Your Glands**

**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/Welcome-letter-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:**



### **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:**

<https://www.plantpranaoils.com/wp-content/uploads/2023/10/October-2122-2023-Energetics-of-Your-Glands-Booklet.pdf>

### **Here are the YouTube Links:**

Saturday 10/21/23 P1

<https://youtu.be/R46Nyxqf7oI>

Saturday 10/21/23 P2

<https://youtu.be/o4fy6TDJCdo>

Sunday 10/22/23:

<https://youtu.be/aA3J1IJIWcU>

*Enjoy and we look forward to seeing you again soon.*

*Plant Prana Team*



[Classes – Plant Prana Essential Oils \(plantpranaoils.com\)](https://www.plantpranaoils.com)

