

Certificate in Essential Oils

Anoka-Ramsey
Community College
Fall 2009

Certificate in Essential Oil Therapies

This certificate is ideal for nurses, senior care providers, massage therapists, energy practitioners, certified nursing assistants, home health aides or anyone personally and professionally interested in learning how essential oils support overall health and well-being. Confidently and safely integrate essential oil treatments into your care plan for clients, family and self.

2.16 CEU \$285

1153 T Sept 29 - Nov 3 6:00 - 9:00 p.m. THHC105

50% off tuition up to \$1,200 for those that are unemployed. Visit our Web site at www.AnokaRamsey.edu for qualifications or call 763.433.1279 for more information.

All classes held
at the Training &
Development Center

(Corner of Coon Rapids
Blvd. & Mississippi Blvd.
across from McDonald's)



Instructor:

Jodi Baglien

is a certified Clinical
Aroma therapist from an
accredited Herbal College.
Jodi's passion for alterna-
tive health and healing is
focused in her private
practice as a

Shiatsu Therapist and
creator of Inner Scents—a
professional quality line of
essential oils blends.

For more information

contact:

Sheila Judd, *Director*
763-433-1402

Sheila.Judd@anokaramsey.edu

Foundations One

Understand the art and science of Aromatherapy and the effects of oils on the body. Learn how the nose works (olfaction), the chemistry of essential oils and their therapeutic actions and important safety guidelines. .36 CEU

\$48

1154 T Sept 29 6:00 - 9:00 p.m. THHC105

Application Basics

Gain the hands-on skills to apply and create treatment strategies. Explore seven essential oils. Learn how to select the best oil for your intended use, how to determine the best application method and how to blend and find the oils, base oils, bottles, and resources needed. Learn the requirements for professional use, .36 CEU

\$48

1155 T Oct 6 6:00 - 9:00 p.m. THHC105

Oils and the Respiratory & Musculoskeletal Systems

Determine therapeutic actions needed, select the oil(s) and method of use for common complaints related to respiratory and muscle aches and pains. Also learn introductory Aromatherapy Massage methods. .36 CEU

\$48

1156 T Oct 13 6:00 - 9:00 p.m. THHC105

Oils and the Nervous & Digestion Systems

Explore the effects of stress hormones on mood, muscles, and digestion. Experience how oil selection and methods can calm and improve your mood, and aid in dealing with stress and digestion issues. .36 CEU

\$48

1157 T Oct 20 6:00 - 9:00 p.m. THHC105

Oils and the Immune & Lymphatic Systems

Learn essential oil strategies for boosting the immune system and uses as antimicrobial agents to improve circulation and detoxify the body. .36 CEU

\$48

1158 T Oct 27 6:00 - 9:00 p.m. THHC105

Energetic Aromatherapy & More

Integrate essential oil treatments into Touch or Energy based practices. Experience subtle energy healing methods and learn key acupressure points you can apply oils to for added benefit. Make your own "Intention Blend." Be ready to offer and receive healing energy. .36 CEU

\$48

1159 T Nov 3 6:00 - 9:00 p.m. THHC105

Register Today:
visit www.anokaramsey.edu/cect or
call 763.433.1200

