



Robbi Zeck ND is the developer of Aromatic Kinesiology®, an empowering system of energetic medicine, which blends the harmonizing influences of essential oils with gentle healing techniques that balance the emotions, transform stress and create wellbeing.

Her pioneering work on the psychological benefits of essential oils and how they affect the integration of emotional experiences is beautifully portrayed in her deeply moving workshop series based on her inspirational book *The Blossoming Heart*. Now in its second printing, the book was translated into Mandarin and Spanish in 2006.

Robbi is dedicated to inspiring people to find their own voice through discovering their passion, vision and purpose and assisting them to become the creative force in their own lives. The Blossoming Heart workshops are all designed to offer tools, strategies and support for creating a vision for successful living and wellbeing.

Her seminars and retreats have been conducted in France, Ireland, Indonesia, China, Hong Kong, Taiwan, USA, Australia and New Zealand. Robbi is committed to opening the way for people to create the best possible future for themselves, sharing in her vision for a healthier, joyfully enriched life for all.

For more details please visit:
www.blossoming-heart.com

The Blossoming Heart®

Keeping your beautiful heart-light switched on
Deepening your understanding of the quiet power of essential oils
Understanding the value of intention and inspiration
Breaking the cycle of addictions that inhibit the quiet mind
The art of inner leadership
Increasing the flow of love, grace and gratitude

The Path of Stillness continues the beautiful journey of heart-centred work through exploring aromatherapy from an emotional perspective. When emotions are harmonised with the effects of essential oils strong intention and genuine heart, the body gently responds as it was designed – as a self-restoring network. You will experience heart-felt change as you re-pattern your emotional coding and also learn empowering methods to help your clients achieve healing, stillness and inner calm.

AK Three - The Path of Stillness - Topics covered:-

- The pursuit of stillness – how it can transform stress, generate internal quiet and connect to pathways of healing and change
- Continuing the exploration of how unresolved feelings affect your health and wellbeing
- Patterns of subconscious mind reactivity and how they affect the human energy field
- Meditation on self-love
- Understanding how your body speaks its mind, so that you may hear, feel and understand your body's voice
- Physical and emotional signs of anxiety and depression
- Mood healthy eating and supplement plan
- Mood Soother Strategies
- The Essential Oil Reflections and the role they can play during times of stress, anxiety and depression (S.A.D.)
- S.A.D Aromatic Kinesiology protocol – activation of internal calm
- Defusing despair anchors
- 14 meridian emotions charts
- Movement for change & healing – the 5 element exercises for dynamic energy flow
- Detox methods for release, restoration and renewal
- Massage of the occiput, sacrum and calves to release stored stress
- Activation of the neck & sacral reflexes for calm and relaxation
- Daily practices to keep you connected to your spiritual core
- The influence of grace and how it can move you beyond anxiety and uncertainty
- The Essential Oil Reflections and the role they play in embracing mindful awareness
- 4 new essential oil reflections:- Bay laurel, R. Chamomile, Mandarin & Spikenard

Registration Information for 2011

- 30 April- 2 May 9.30am-6pm Registration Fee \$550
Kinesiology Connection 563 Burwood Road Hawthorn Victoria

Numbers are limited and open to those who have completed AK One and AK Two. To secure your place please visit:- www.blossoming-heart.com/booking-request.htm

Listen to comments about this work:-

Robbi's workshops are fantastic! I came away from AK 3 feeling a different, more peaceful, contented and creative person. The warmth and love that shines through from what's offered during the Aromatic Kinesiology workshops is unbelievable.

Manon de Moor Nottingham England