

# HEALING THROUGH NATURE:



# A JOURNEY TO INNER PEACE



## THE WORKSHOP

This workshop is designed specifically for service providers and frontline workers or individuals from the corporate sector looking to enhance their mental health and emotional balance. You'll learn about the holistic benefits of aromatherapy and how essential oils can help reduce stress and promote relaxation.

Explore various soothing and uplifting essential oils and dried botanicals while creating personalized products like bath salts, body scrubs, and moisturizing lotions. This hands-on session will empower you with practical skills and knowledge that you can apply in your daily life, all while having fun.

Whether you're looking to unwind after a long day or seeking natural self-care alternatives, this workshop will equip you with enjoyable techniques to nourish yourself amidst a hectic routine.

**Who Should Attend:** This workshop is ideal for anyone interested in enhancing their self-care practices, especially those in demanding work environments looking for simple yet effective wellness solutions.

**Next Steps:** Come ready to explore, create, and rejuvenate! You'll leave with your own handmade products and a wealth of knowledge to support your wellness journey.

## WELLNESS WORKSHOP

Learn about the science behind aromatherapy and holistic healing techniques that are relevant to trauma recovery while making natural products that you can use on a daily basis to promote mental and emotional health.

**Perfect for: Teambuilding, wellness workshops, and more**



## WORKSHOP CREATED BY

**Timea E. Nagy** is a best-selling author, trauma resiliency educator, and the founder of Timea's Market. Her passion for organic and natural bath and body products stems from her heritage in Budapest, Hungary, which is known for its over 1,100 thermal baths. Timea believes in combining trauma healing with natural, organic products and bathing culture.

[www.timeanagy.com](http://www.timeanagy.com)

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## FACILITATORS

Certified aromatherapists, herbalists, naturopaths, yoga instructors, a hypnotherapist for guided and group meditations and breathing exercises, and a network of holistic healers and presenters are all part of Timea's network.

## WHERE?

### Come to you

We can attend staff retreats, general meetings, and conferences with you. We can offer wellness workshops lasting one to three hours.

### Come to us

2-day Muskoka retreats starting this fall starting at \$250/person (plus accommodations).



*Muskoka, Ontario*

## BOOKING

### Wellness workshops

If you wish to invite us, please send us an email to: [Info@timeascause.com](mailto:Info@timeascause.com) for more information.

### Muskoka Wellness retreats

Corporate and employee wellness retreats are starting in the fall of 2026. For more information, please contact us at [info@timeascause.com](mailto:info@timeascause.com).