

**The African American Affinity Group (3AG)  
and MCC's Wellness Council Present:**

**Mediation and Aromatherapy:  
Em Hotep (In Peace)**



Using deep breathing techniques, this session will provide participants a gentle yoga experience in preparation for guided meditation. Essential oils such as peppermint and sandalwood and ancient blends such as frankincense, myrrh, and sweet orange will be used to stimulate the olfactory organs to create a calming environment. The presenter will also discuss personal stress management techniques that can be used in the workplace.

**Instructor: Lomax R. Campbell, Certified Kemetiic Yoga Teacher**

Date: March 14th 2018

Time: 12-1pm

Location: Rm250,2nd Floor,  
Dance Studio,

**MCC's Downtown Campus**

All faculty and staff, please join us !!!