



## YOG-AROMA

*A Breath-Led Journey through Asana + Scent*

**Yoga is the union of movement and breath —**

**but how often are they dislocated?**

In contemporary yoga, many practitioners move skillfully through asana while remaining only partially connected to respiration, sensation, and the deeper rhythms of the nervous system.

**Yog-Aroma** offers a next step in the evolution of a practice both ancient and alive: a return to breath as guide, supported by the profound intelligence of aromatic plants.

**By integrating intentional essential oil diffusion as the poses unfold, Yog-Aroma opens new pathways into the somatic body—inviting students to experience breath not as instruction, but as instinct.**

### The Modality

Yog-Aroma is a **three-movement class** unfolding over 75 minutes. Each movement is paired with a **carefully curated aromatic blend**, diffused via nebulizer to engage the respiratory and nervous systems while supporting the physiological focus of the practice.

The arc of the class mirrors a journey through yoga traditions:

**Ashtānga → Iyengar → Kriya**, woven together through **continuous pranayama**.

The aromatic diffusion naturally deepens respiration, allowing breathwork to arise organically rather than through force or instruction.

All three movements support respiratory health and nervous system regulation, while each emphasizes a distinct internal system and energetic quality.

### I. FLIGHT — Circulation & Lymph

#### ***Awakening · Flow · Expansion***

An active, warming, and expressive vinyasa practice that emphasizes freedom within the pose. Movement is fluid and rhythmic—like wind through tall grasses, water through a river, breath through an open chest.

- **Physiological focus:** circulatory & lymphatic systems
- **Aromatic profile:** energizing, bright, cooling, moistening—scents that awaken, uplift, and invite fuller inhalation



- **Movement language:** flowing vinyasa and salutations, playful tempo, heart and back openers, spirals, dynamic transitions
- **Energetic quality:** inspiration, vitality, momentum, spaciousness

## II. GROUNDING — Muscular / Skeletal & Endocrine

*Rooting · Strength · Harness*

The pace slows as the practice becomes more structural and intentional. Students are guided into strength, alignment, and presence—cultivating stillness *within* the pose rather than between poses.

- **Physiological focus:** muscular & skeletal systems, endocrine balance
- **Aromatic profile:** woods, roots, resins, and spices—warming, dry, stabilizing
- **Movement language:** longer holds, standing poses, strength work, arm balances, intentional pauses between transitions and alignment cues
- **Energetic quality:** focus, resilience, containment, depth

## III. INTEGRATION — Nervous System & Subconscious

*Release · Repair · Integration*

The final movement softens the body into deep release. Stretching, hip opening, twists and restorative inversions allow the nervous system to settle and integrate the effects of the practice.

- **Physiological focus:** parasympathetic nervous system, subconscious integration
- **Aromatic profile:** complex florals, soil-based notes, adaptogenic and nootropic plants that balance and harmonize
- **Movement language:** supported stretching, hands-on adjustments, self-massage, restorative postures
- **Energetic quality:** restoration, inward listening, embodiment, quiet clarity

#### IV. SILENCE — Shavasana

*As the practice completes, the aromatic diffusion is gently turned off.  
The plants rest.  
The air clears.*

Students are guided into **Shavasana with hands-on adjustment**, settling the body into profound stillness. This final phase offers a **full five minutes of uninterrupted rest**, allowing the nervous system to absorb the effects of movement, breath, and scent.

In this closing movement, **nothing is added**—and everything integrates.

- **Silence of air**
- **Silence of scent**
- **Silence of system**

Here, the absence of stimulus becomes the final teacher, inviting the body into deep parasympathetic settling, subconscious repair, and embodied quiet.



#### Ideal Settings

- Yoga studios seeking innovative, somatically rich offerings
- Spas and wellness centers
- Retreats and intensives
- Private, small-group, or one-on-one sensory journeys

#### About the Facilitator

**Keya Kai Guimarães** is a distiller of aromatic medicine, certified herbalist, and longtime yoga and dance practitioner whose work explores **aromatic plant medicine as embodied practice**. With over **20 years of yoga study and teaching**, extensive training in movement and choreography, and a background in herbalism and sensory ritual, her teaching bridges **atomic medicine**—the subtle physiological and neurological effects of plants—with breath, alignment, and lived experience.

Her classes invite students to move beyond performance and into relationship—with breath, body, and the intelligence of the natural world.

