

“Aromatherapy and gentle Yoga: effective ways of bringing international and domestic Australian students together”

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Abstract:

Learning and practicing basic skills in aromatherapy and gentle yoga stretches proved to be a promising venue for both International and Domestic Australians Students to get together in a safe and positive atmosphere. Within International Student Services at QUT, this is usually offered from the third week of each semester. It is a one hour program for four weeks where participants gather in a circle and are welcomed to express how they are feeling at the time. The session is followed by a demonstration and instructional self massage on the head, face, arms, palms and feet areas. The participants are provided and welcomed to use almond oil with very thin drops of lavender oil to assist their self massage. Gentle Yoga routine then proceeds starting with “warm up” stretches; followed by a “workout”; then finishes with a “cool down moves and relaxation”. Towards the end of the session, the participants are encouraged to say a positive word or two that they feel will help them manage their hectic day better. It was quite phenomenal how the student participants seemed to encourage each other in being positive and speaking with energy after the session.

A similar workshop structure is intended for ISANA participants. A hand out outlining the workshop benefits for students individually and as a group will be available. Handouts on other relevant topics and procedures will also be provided.