



# BACH FLOWER ESSENCE STUDY GROUP

This ongoing Bach flower study group is designed to

- Introduce the use of the 38 Bach flower essences.
- We will discuss case studies – our own and fictional.
- Each class students will create their own custom blend.
- There will be homework in between classes.
- We will meet at the B & B studio on the Fridays listed below from 6 – 8 pm. Bring your dinner.
- Purchase the 8 sessions in advance for \$125 or drop in for \$20/class.



**Have less stress this holiday season &  
Start the New Year more balanced,  
happy and healthy!**

**Stressed? sad?  
overwhelmed?  
Looking for  
balance in your  
life?**

**Learn 38 flower  
essences and how  
to use them for  
yourself, family  
and friends**

**Create custom  
blends**

**8 Sessions – 1  
every 3 weeks**

**BODYWORK AND BACH**

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

9/21, 10/12, 11/2, 11/23,  
12/14, 1/4, 1/25, 2/15