

Saturday, July 22nd, 2017

2:00 – 4:00 PM

Dealing with Stress Using Bach Flower Remedies

with June Ringelheim

Fee: \$40

There will be an introduction to Bach Flower remedies describing flower essences, the history of Bach flowers, and how they are made. June will go over some of the most common remedies used for relief of different forms of stress. Each participant will make their own “stress relief” bottle to take home at the end of the class.

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