



Emotional Balance through Flower Essences Did you know that Flowers have healing powers?

Flowers delight us with their wonderful colours and scents, but did you know that they also have healing powers?

Flower Essences are safe and gentle yet effective remedies made from flowers that can help manage difficult emotions and stress, bring about a more positive approach to life and improve mental and emotional well-being.

In this presentation you'll learn:

- ✓ What are Flower Essences?
- ✓ The history of Flower Essences and Dr. Bach
- ✓ The properties of the essences and how they are different from essential oils or herbal remedies
- ✓ How to use them
- ✓ How they can help you and your family with long-term issues as well as everyday situations

Saturday 19th of May
10.30-12.00

Neal's Yard Bristol
Whitesladies Rd.

Bookings ☎ 0117 946 6035

Price £10



Flor Taboada, IFVM, ITEC, is a Flower Essence Practitioner with over 25 years of training and experience in the field of Flower Essences.

She has trained internationally with leading Flower Essence producers and teachers, completing her 2-year professional training in the UK.

Flor brings into her practice not only her experience and expertise but also a caring and open heart, positive energy, warmth and kindness.

After 6 years in New York City where she ran a private healing practice, classes and workshops on Flower Essences, she returned to the UK in 2017.