



## INTRODUCTION TO FLOWER ESSENCES:

DISCOVER THE FASCINATING HEALING PROPERTIES OF FLOWERS

Do you know those small glass brown bottles in the supplement section of NYR? Does Rescue Remedy sound familiar?

Flower Essences (not to be confused with essential oils) 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 workshop you'll learn:

- ✓ **What are Flower Essences;**
- ✓ **The history of Flower Essences and Dr. Bach;**
- ✓ **The properties of Dr Bach's 38 essences;**
- ✓ **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;**

Come and join me for an morning of learning, fun and healing!

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 with world renowned Flower Expert and author Clare G, Harvey.

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 2018



*"Flor shared her extensive knowledge and evident passion for Flower Essences through a detailed and thoughtful interactive presentation and visual and sensory treats! Absolutely amazing!"*  
Jenny N, NYC

*"Flor opened our eyes to an unknown world, that of the Flowers that heal!"*  
Astrid C, NYC

**Booking necessary  
by the 8<sup>th</sup> of  
November**

**Spaces are limited**

Neal's Yard Remedies

Tel-0117 946 6035

or

[flor@flortaboada.com](mailto:flor@flortaboada.com)

Tel-07902 507 137

[flortaboada.com](http://flortaboada.com)

**Saturday 10<sup>th</sup> of  
November**

**10.30-12.30**

**£15**

**Location  
Neal's Yard  
Remedies**

**126 White Ladies Rd  
Bristol  
BS8 2RP**