

Introduction to the Bach Flower Remedies

- **Sat. 24th November** – Milltown Institute, Dublin.
- **Sat. 1st December** - Kilcolgan, Galway
- **Sat. Feb 23rd Feb & 26th April '08** – Irish Seedsavers, Scarrif, Co. Clare.

with Mark O'Sullivan



The Bach Flower Remedies are the original flower essences. Beyond the Rescue Remedy, Bach's simple system of 38 essences are the best way in to this supportive approach to mental and emotional healing - equipping you as therapist with an additional safe and effective therapy with which to support your

clients and your own personal development.

This one day course offers a practical introduction to the remedies and their use. We will also cover the process of creating new remedies, their preparation, action and distribution. We will go through some energy awareness exercises to experience directly the action of a brand new remedy.

Mark has worked with these essences for over 15 years, completing the Nelson/Bach three-tier training programme to practitioner level. He also develops his own flower, crystal and environmental essences and is a practicing trainee homeopath.



€60 investment for the day.

More details at: www.bachremedies.net
Contact: Mark O'Sullivan 087 2380720 - mark@irishhomeopaths.com