



## **Learning to Use Bach Flower Remedies**

**A six-day self-development and CPD course\***

Oak Studio, 8 Perrins Court, Hampstead, London NW3 1QS  
September 18/19, October 16/17, November 13/14, 10am-5pm

*“I want to know more about the healing power of flowers, to be able to look after my own health and wellbeing, to understand more about why I react as I do to situations, and to be able to communicate better with the people around me”*

*“I want to understand how the Bach Flower remedies can help me in my current practice, to help my clients let go of limiting beliefs, repeating patterns and frustrations so they can move forward with their lives gracefully and effectively.”*

Dr Bach was a famous surgeon, bacteriologist, and homeopath in the early part of the 20<sup>th</sup> Century and his flower remedies have led the way for the exciting and vibrant field of flower, crystal, gem, tree, animal and other essences that is flourishing today. Healing Herbs teaches the original way Dr Bach discovered and used the remedies, exploring his ideas on the relationship between our life purpose and our health, the emotional and spiritual component of disease, and most importantly, the revelation of *a simple, safe and natural way to heal body and mind.*

### **What we'll cover**

This course, taught by Joanne Sumner, provides a comprehensive introduction to each remedy, studying the flowers in detail to uncover aspects of the human condition that we can use to bring calm, joy and stability into our lives.

### **You will**

- consider the role of health and illness in 21 century society, and what is really the root cause of our 'ill' - being
- explore and put into practice the principles of Dr Bach's philosophy of the mind-body-spirit connection, which is so well supported by findings in the groundbreaking field of psychoneuroimmunology (PNI)
- learn in detail about each of the 38 Bach Flower remedies, focusing in particular on the specific characteristics of each plant (the gesture) and what they have to show us about the human psyche
- learn how to make the Bach remedies yourself and explore some general principles of essence making (production, storage, dosage etc)
- try out different methods for selecting remedies and using them creatively, to bring balance back to yourself or your clients
- get lots of practical experience of consulting within the course and through case studies for certification

\* The course enables practitioners of energy medicine, bodywork, coaching, counselling or psychotherapy practitioners to add Bach Flower remedies to their healing repertoire.

## Who should attend?

- You are interested in flowers
- You are interested in natural health, alternative and complementary therapies
- You are interested in the emotional and mental contribution to ill health
- You are ready for a personal shift
- You want to speed up your work with clients
- You want to be able to look after your own and your family's wellbeing
- You want to cut away the obstacles and distractions and be at your best

## Feedback from previous participants:

'Jo's phenomenal knowledge of plant gesture took us on a totally new adventure with the Bach Flowers. Even if you have been working with the remedies for many years, her guidance, as we explored them through this refreshing viewpoint, gave many new and valuable insights.'

*Vivien Williamson. Colby, Norwich*

"I found the course hugely rewarding as all the dimensions each flower remedy were discussed and explained in detail. The course facilitated by Jo has inspired me not only to further develop my use of the remedies but also to develop a greater interest in the plant world. Jo clearly knows her stuff and gave me excellent feedback on my case studies. I met a fantastic group of like minded individuals and I have no hesitation in recommending this course."

*Angela Hawkings, Business Consultant, London*

“Attending the course was a delight and a revelation. Having used essences for a few years it was wonderful to be taken in depth into these truly exquisite and powerful remedies and it has rekindled my passion for them. Jo is thorough, precise and lively in her teaching and the depth of detail that we went into gives me real confidence in understanding and using Bach's 38 remedies. Her follow up is always superb and we felt very well looked after on the course and beyond.”

*Elizabeth Cairns, Director Amovita Ltd*

“You were an impressive teacher and I look forward to following on with the Bach Flowers as soon as I can.”

## Price and booking:

Course fee **£400**, including all course materials and the Healing Herbs Certificate.  
Distance Learning course fee £250 for the course, £400 for course including assessment and certificate.

To book a place or to purchase the Distance Learning course, contact Joanne Sumner, Course Tutor, on 020 8579 7659 or [jo@joannesumner.com](mailto:jo@joannesumner.com).