



Learning to Use Bach Flower Remedies

**A self-development and CPD course offered by
Healing Herbs Ltd and The Joanne Sumner Studio**

Dr Bach was a famous surgeon, bacteriologist, and homeopath in the early part of the 20th 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

The course 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 21st century society, and what is really the root cause of our 'ill'- being
- explore Dr Bach's philosophy and theory of flower remedies
- learn in detail about each of the 38 remedies, focusing on the specific characteristics of each plant and what they teach 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
- gain practical experience through case studies for certification.

Who should study?

You should, if you want:

- to know more about the healing properties of flowers and the emotional and mental contribution to ill health
- to understand human nature
- to be able to look after your wellbeing, and
- to enhance your work with clients and add another string to your bow

Dates

The course is available by **Distance Learning** (starting at your convenience) **or over three weekends in person** at The Joanne Sumner Studio on the following:

10-11th March 2012

12-13th May 2012

7-8th July 2012, 10am-5pm

The Studio is in West London: 74 Elthorne Avenue, London W7 2JW.

Course material

You will receive a course pack containing:

- A comprehensive, interactive course text in 8 modules
- A copy of Bach Flower Remedies: The essence within, by Julian Barnard.
- A DVD, The Journey into Healing
- A set of postcards of each remedy
- A CD of photographs of each remedy
- A pocket prescriber

Assessment

You may want to study purely for pleasure, in which case you may not wish to undertake assessment. However, if you do wish to be assessed for certification the process includes the completion of a short answer paper and three written case studies (included in the Taught Course price; additional for Distance Learning students). For Distance Learning students there is also a practitioner skills workshop to achieve the full Taught Course certificate. These workshops are held several times during the year, and are £75.

About the tutor

Joanne Sumner is a practising Bach Flower therapist, and runs a busy yoga, therapy and coaching studio (www.joannesumner.com). She teaches Bach Flowers for Healing Herbs Ltd and the College of Naturopathic Medicine, and currently has approximately 80 Bach Flowers students and graduates 'under her wing'.

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. 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

Price and booking

Distance Learning: £250, including all course materials and tutorial support.

Taught Course: £400, including course materials, tutorial support and assessment.

Fees may be paid in 3 instalments by prior agreement.

To book, contact Joanne Sumner, on 020 8579 7659 or jo@joannesumner.com.