

At the heart of Permaculture is a fundamental desire to do what we believe to be right and to be part of the solution rather than part of the problem, in other words a sense of ethics.

The ethics of Permaculture can be summed up as

Earth Care
People Care
Fair Shares

Offshoots Permaculture Project

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Managed by Groundwork Pennine Lancashire
Jackie Stewart

Offshoots Permaculture Project

Bach Flower Remedy Workshops

The Offshoots Permaculture Project is managed by Groundwork Pennine Lancashire.

Getting involved with Permaculture

Would you like to find a natural way to support your health and wellbeing?

Learn all about the Bach Flower Remedies; natural remedies made from plants grown at Offshoots.

These workshops will teach you how the **Bach Flower Remedies** bring mind, body, emotions and spirit into balance for health and wellbeing.

The **Bach Flower Remedies** were discovered by a British doctor in the 1930s seeking a natural cure to his patient's ailments. Dr Bach said "The mind is the most sensitive part of our bodies, and hence the best guide to tell us what remedy is required."

In these workshops you'll learn all about the **Bach Flower Remedies** and yourself!



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Getting involved with Permaculture

Jackie Stewart is a qualified flower and crystal essence practitioner, who has been using **Bach Flower Remedies** professionally since 1999. She offers one-to-one consultations where she prescribes essences for people, runs regular workshops and a weekly meditation class.

Jackie has developed and delivered many community workshops including a creative play project for families, meditation and arts courses for adults, and media skills courses for people with learning difficulties.

"These workshops are really hands-on and give everyone opportunities to try things out for themselves. We'll use relaxation techniques and a mixture of classroom and outdoor learning. You'll learn more about yourself and what makes you tick as well as learning about the **Bach Flower Remedies**."

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"When we turn to nature, we can heal ourselves and the planet."

- **Jackie Stewart**

www.flowerspirit.co.uk

Book on a course and learn how



The **Bach Flower Remedies** have been used for 80 years by people from all walks of life. They're safe, natural and suitable for adults, children and pets.

Bach Rescue Remedy®, a combination for stress, shocks and emergencies was voted best alternative remedy by customers of Boots the Chemists in 2010.

These natural remedies are made from trees, wild flowers and a few cultivated plants. All of the plants are being grown at Offshoots using Permaculture principles. Many attract wildlife and some produce food as well as remedies, making the **Bach Flower Remedy plants** useful for wildlife and us!

Book on a course and learn how



You will learn:

1. The best **Bach Flower Remedies** to release stress, anxiety, depression, low self-esteem, relationship problems, anger, lack of fulfillment and a range of other issues that can affect us all.
2. How to choose **Bach Flower Remedies** for yourself and your family.
3. How to make natural remedies from flowers and trees growing at Offshoots.
4. Simple relaxation and meditation techniques that you can use at home.

Workshop examples



Learn about the **Bach Flower Remedies** and how this natural system can help you to live your life in balance.

You'll choose the combination of **Bach Flower Remedies** that will help you most.



Explore **Bach Flower Remedy** plants and trees growing at Offshoots and surrounding Towneley Park.

Learn how the way a plant grows gives clues about how it's used as a remedy. A plant's shape, colour, movement and pattern all tell a story about how it can help us.

Make your own **Bach Flower Remedy** from a flower or tree blossom using the same techniques Dr Edward Bach discovered 80 years ago.



You'll be able to take your remedy home with you at the end of the workshop to use again and again.

Discover which **Bach Flower Remedies** are used to treat stress, anxiety, depression, anger, low self-esteem, relationship problems, lack of fulfillment and other common issues.



Learn how to prevent these issues from affecting your life.