

Course Booking



Training will take place in the Walter Segal Cabin on the Offshoots site at Towneley, Burnley.

The cost for the course is £80 per person per 12 week course, with greatly reduced concessions for the unwaged.

Please contact Offshoots for further information and booking.

The course will combine classroom and outdoor learning.

Please bring your own lunch, drink and clothing appropriate to the weather conditions i.e. sturdy boots or wellies, gloves, wet weather clothing etc.

Please note, car park charges do apply at Towneley at a charge of £1 per day for the Barwise or Riverside car parks, and 50p per hour for the Hall car park.

For further information about the Offshoots Permaculture project, please visit the website

www.offshoots.org.uk

Offshoots is open to the public Monday to Friday, 9am-4pm, and the first Saturday of every month, 10am-4pm. Entrance to the garden is free.

Offshoots Permaculture Project is located in the grounds of Towneley Hall, Burnley.

For further directions, please see the website

www.offshoots.org.uk



Offshoots Permaculture Project

c/o Towneley Hall
Towneley Holmes Road
Burnley

Lancashire
BB11 3RQ

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Offshoots Permaculture Project



2011 Bach Flower Remedy Training



This leaflet provides information on the Bach Flower Remedy training course available at the Offshoots Permaculture Project. There are also regular workshops on Bach Flower Remedies in spring and summer. Contact Offshoots for dates and information.



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.

This course 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!



You will learn:

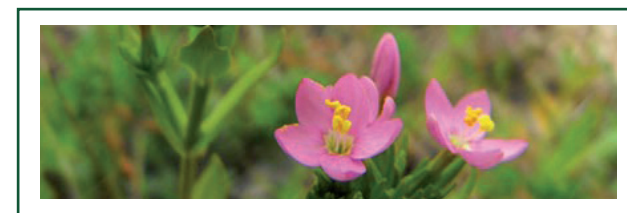
1. The best **Bach Flower Remedies** to release stress, anxiety, depression, low self-esteem, relationship problems, anger, lack of fulfillment and a range of other issues that can affect us all.
2. How to choose **Bach Flower Remedies** for yourself and your family.
3. How to make natural remedies from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



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!



Dates and times:

- Week 1: Friday 4th Feb 2011 - 10am-2pm
- Week 2: Friday 11th Feb 2011 - 10am-2pm
- Week 3: Friday 18th Feb 2011 - 10am-2pm
- Week 4: Friday 25th Feb 2011 - 10am-2pm
- Week 5: Friday 4th March 2011 - 10am-2pm
- Week 6: Friday 11th March 2011 - 10am-2pm
- Week 7: Friday 18th March 2011 - 10am-2pm
- Week 8: Friday 25th March 2011 - 10am-2pm
- Week 9: Friday 1st April 2011 - 10am-2pm
- Week 10: Friday 8th April 2011 - 10am-2pm
- (Break for Easter holidays & Royal Wedding public holiday)
- Week 11: Friday 6th May 2011 - 10am-2pm
- Week 12: Friday 13th May 2011 - 10am-2pm