

# Bach Flowers Syllabus

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**Instructor:** Jen Cline

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**Location:** Mooney's Market &  
Emporium at 1265 W Main St,  
Monteagle, TN 37356

## Course Overview

### Bach Flowers – Learn about Flower Remedies + Mixing

Explore Power of Nature and the seven emotional groups discovered by Dr. Edward Bach!  
Learn about the 38 natural flower essences and how to use them and blend them.

1 hour workshop | Cost \$35 | Booklet + 1 Bach Remedy Included  
No prerequisite for this class

## Course Materials

We will provide everything you need for the workshop. You are welcome to bring a notebook and pen. You will take home a booklet for your personal use. Plus, you get to take home a personalized Bach Remedy.

Topic	Description
Introductions	Meet the class & Jen Cline
History of Dr Bach Dr. Bach Principles Bach Questionnaire	Quick history of Dr. Bach, his principles and then students will fill out the questionnaire.
Dr. Bach emotional groups	Dr. Bach Flower groups makes it easier for us to separate the Bach Flower Remedies into feelings, such as fear, despair, loneliness, uncertainty etc.
Flower Remedies + uses	Bach flower remedies are an alternative or complementary treatment that is used for emotional problems and pain. They're made out of watered-down extracts from the flowers of wild plants. Edward Bach, a medical doctor and homeopath, created these remedies in the early 1900s.
Mix Guide	Learn how to mix Bach flower remedies. We will discuss three bases.
Q & A	Ask Jen anything about Flower Remedies!

**Class Objective:** You will leave with a basic understand of Bach Remedies, how to use them for your own emotional care how to mix, and leave with a personalized remedy.