

# EXPRESSIVE ARTS

## Making Flower Essences from Your Garden and Yard

Instructor: Deborah Mayaan, MA

Flower essences are subtle vibrational remedies that address emotional, spiritual, and mind-body issues. They are not scents, but rather a way to bottle some of the energy of favorite flowers and have access to them at any time. We'll go through most of the steps using plants at the Northwest Art Center, and you'll leave with a handout to guide you in making your own at home. Please dress in layers for comfort both inside the center and for a short time outside. For more information, see [www.deborahmayaan.com](http://www.deborahmayaan.com) or email [deborah@deborahmayaan.com](mailto:deborah@deborahmayaan.com).

<u>Class Code</u>	<u>Location</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
5-595DM	NWAC-303	Thu 9/18	10:00-11:00 a.m.	\$10
6-595DM	NWAC-303	Mon 12/8	1:00-2:00 p.m.	\$10