



ESSENTIALLY FLOWERS FLOWER AND VIBRATIONAL ESSENCE DIPLOMA 2012

Course Structure

Learning Option One

Online course - Begin at any time

Learning Option Two

As Option One plus Katseye Level 2 Aromatherapy Product Making - Begin at any time

Learning Option Three

A combination of a 12 month online course with 3 attended weekends

Begin at any time. Attended weekends are in months of March, August and November 2012

Learning Option Four

As Option Three plus Katseye Level 2 Aromatherapy Product Making focusing on Energetic Use

All courses receive a monthly pdf file, a sample essence and an audio mp3 file with an interview with an essence producer. Options Two and Four also receive one essential oil product per month.

Qualification

Learning Option One

Essentially Flowers Practitioner Diploma in Flower and Vibrational Essences

Learning Option Two

Essentially Flowers Practitioner Diploma in Flower and Vibrational Essences **PLUS**

Katseye Level 2 Aromatherapy Product Making Certificate (specialising in using essential oils for emotional health and to improve energy flow)

Learning Option Three

Essentially Flowers Practitioner Diploma in Flower and Vibrational Essences accredited by the British Flower and Vibrational Essence Association (BFVEA)

Learning Option Four

Essentially Flowers Practitioner Diploma in Flower and Vibrational Essences accredited by the British Flower and Vibrational Essence Association **PLUS**

Katseye Level 2 Aromatherapy Product Making Certificate (specialising in using essential oils for emotional health and to improve energy flow)

ESSENTIALLY FLOWERS TRAINING COURSES

Sara Turner BA (Hons) PGCE, Cert. Vib Med, Certified Floral Acupuncture Practitioner, BFVEA Tutor Member

www.flower-essences.net Tel: 0772 5609873

COURSE PRICES

Learning Option One

£660 OR 1st instalment of £150 followed by 11 instalments of £47

Learning Option Two

£855 OR 1st instalment of £175 followed by 11 instalments of £62

Learning Option Three

£960 OR 1st instalment of £200 followed by 11 instalments of £70

Learning Option Four

£1200 OR 1st instalment of £260 followed by 11 instalments of £86

More flexible payment options may be available to make monthly payments more affordable. Please email to discuss this option.

The Katseye Aromatherapy Product Making Option (Levels 2 and 4) is made available to anyone who also participates in the Essentially Flowers Flower and Vibrational Essence Diploma for just £240 – a 50% reduction. The normal cost of the Katseye Aromatherapy Product Making Course is £465.

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Essentially Flowers Mission Statement



This course brings together the very best of my own learning over the past 20 years – weaving together experience of the vast healing properties of many diverse flower essence ranges with the unique and universal language of flowers – colour, shapes, signatures and much more.

During these 12 months you will learn about modern flower essences and also the wonderful legacy left by Dr Edward Bach and his 38 English flower essences. You will experience a wide range of essences by producers from different continents – essences from around the world that have varying vibrations and healing qualities. Flower essences taken internally offer wonderful healing benefits yet I have discovered from my own experience and that of my clients that when flower essences are applied to the skin as well as taken internally, we feel more alive and more connected to our true selves faster and with much less resistance. So you will also be learning about topical application of flower essences. There is also an option to gain an Aromatherapy Product Making Qualification using Katseye Energetic Blends. Using essential oils alongside flower essences is a perfect marriage for topical use, drawing us in through our senses and accessing the healing of the plant kingdom through the use of these precious, high vibration essential oil blends.

By studying the monthly pdf files, listening to the mp3 interviews sent to you each month where I interview the top flower essence producers and by using the essences sent to you each month both internally and topically, you will learn to feel the “essence” of each range and therefore their potential for you.

As you journey through these 12 months, you will learn what vibrations suit your own constitution and as a result will be able to choose essences that resonate deeply within you. Each participant’s journey will be unique yet also rich in experience and healing.

My aim is to support you as you make this journey so that you emerge not only with a professional qualification and the ability to guide clients and loved ones with their own healing but most importantly as a wiser, more confident YOU – more in touch with your heart’s desires and knowing the path to YOUR true potential.

Sara

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Your Course Tutor



Sara Turner has been working with flower essences since 1988. She gained a Certificate in Vibrational Medicine with Clare G. Harvey (Author of The New Encyclopaedia of Flower Essences) in 2003 and has studied with many of the international flower essences producers including Ian White, Steve Johnson and Deborah Craydon. Sara is also a Certified *Floral Acupuncture*™ Practitioner, having trained with Deborah Craydon and Warren Bellows (authors of *Floral Acupuncture, Applying the Flower Essences of Dr Bach to Acupuncture Sites*).

Sara is a qualified and experienced teacher (PGCE) of over 20 years and an accredited Tutor for the British Flower and Vibrational Essence Association. Her passion and speciality is using flower essences both internally and topically alongside essential oils to balance and improve energy flow. She also has many years experience of using essences with animals. Sara lives and works in the UK. She runs a private flower essence practice, has her own range of flower essences (**Moonflower Essences**) and her own training company **Essentially Flowers**. Sara is also an experienced Tai Chi instructor and incorporates her knowledge of Tai Chi and Chi Kung into her training courses.

About this course (all learning options)

During this twelve month course you will learn about and experience the following essence ranges:

- ✚ Bach Healing Herbs
- ✚ Australian Bush Essences
- ✚ Alaskan Essences
- ✚ FES Essences
- ✚ Flora Corona Essences
- ✚ Indigo Essences
- ✚ Spirit in Nature (formerly Masters) Essences
- ✚ Spirit of Beauty Essences
- ✚ Fox Mountain Essences
- ✚ Wild Medicine Essences
- ✚ Moonflower Essences

Other essence ranges may also be discussed during the course.

The qualification is not dependant on any one range of essences. It is intended that on graduating from this course, you will have broad experience of many different types of essences/vibrations and therefore of which vibrations and ranges are resonant with you as a person/practitioner.

Each month you will be given access to a secure area on my flower-essences.net website which contains a downloadable pdf document containing an element of the syllabus (see Key areas of Study below), a downloadable workbook with study questions and an audio interview with a flower essence producer. You

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will also be sent by post a sample dosage strength essence from their range (and an essential oil product made with a blend that resonates to the topic of the month – Learning Options 2 and 4 only).

Learning Option Three

For participants who wish to obtain an insurable and accredited qualification, three weekends (i.e. 6 days) will be by attendance. These courses will be held in Canterbury, Kent. Accreditation is with the British Flower and Vibrational Essence Association (BFVEA).

For non UK students or for students who do not wish to obtain an accredited qualification, it is possible to participate online for the full 12 months i.e. **Learning Option One**

Key areas of study for both Learning Options One and Three

- The experience of a minimum of 10 different ranges of flower essences
- The background and history of flower essences (including the study of Dr Edward Bach)
- Making flower essences – using traditional and more modern approaches
- Methods of diagnosis – including intuitive diagnosis, dowsing and muscle testing
- Methods of dilution, storage of essences
- Flower signatures including the energetics of colour
- Our bodies as energy: chakra system and subtle energy bodies
- Historical and cultural use of plants in healing
- Use of flower essences internally
- Use of flower essences topically
- Gem and Environmental Essences
- Use of essences with children and animals
- Basic listening skills
- Plant Spirit Medicine
- Use of flower essences for space clearing
- Flower essences for skin care



Learning Options Three Only

- Business and Practice Management including health and safety requirements, working within the BFVEA Code of Conduct and constitution.
- Guided Listening skills and Client Care
- Observed client practice sessions
- Practice Management including consultation etiquette
- Experiential sessions using different flower essence ranges
- Discerning the qualities of flower essences
- Energy management including Tai Chi Exercises
- Practical sessions including diagnosis with muscle testing and dowsing
- Making products with flower essences to space clear, ground and protect; to enhance intuition; for confidence and development of potential
- Making an essence as a group
- Anatomy and Physiology - a minimum of 30 hours is necessary to obtain a BFVEA accredited qualification. **Anatomy and Physiology is not covered in this Diploma.** Participants may have already trained in an equivalent A&P qualification. For those

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participants who have not and wish to become a Member of the British Flower and Vibrational Essence Association (BFVEA), please note that a qualification in Anatomy and Physiology up to a minimum Level 2 (approximately 30 hours of training) is needed. Aromalyne training and Mandala Courses offer an accredited Anatomy and Physiology online training. Please enquire for more details.

Learning Options Two and Four

- Safe and effective use of essential oils for personal and professional use including contraindications, safety and hygiene using essential oils, dilutions
- Background to Katseye Blends of Essential Oils
- Step by step instructions on how to make your own products using essential oils (Creams, lotions, bath soaks, misters, aromastone products etc)
- In depth descriptions of 33 blends of essential oils that balance energy flow and address key emotional and spiritual challenges
- Safety and compliance regulations regarding product making using essential oils

Katseye Aromatherapy Product Making is an insurable qualification in Aromatherapy Product Making using blends of essential oils that are compliant with the new regulations that came into force in the UK in April 2011.



No formal qualifications are needed to take part in any of the Learning Options for this course, however participants should have access to a computer since a major part of the course will be online. Necessary skills for full participation include: familiarity with Microsoft Word; e-mailing including attachments

In addition, it is suggested that participants have Adobe Reader installed on their PC (Acrobat reader is free of charge and operates within your web browser). PCs must be able to play MP3 audio files. You also need to be able to print documents from your PC.

Who is this course for?

- Individuals wishing to learn about flower essences to enhance their own lives and that of their family
- Complementary health practitioners of any modality who wish to enhance their own lives and practices through learning flower essence therapy (and aromatherapy product making)
- Individuals wishing to learn how to make their own flower essences and products using essential oils

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Our Approach – for all learning options

Students are supported by a minimum of 3 individual tutorials (entrance, mid-course and exit tutorials), regular emails and the use of a group forum where you will be able to post and discuss questions arising as you study.

The emphasis over the 12 month course is on building practical experience and acquiring underpinning knowledge to support confident and professional practise as well as to support your personal development during this time.

Studying Online

Having studied online myself I know that studying a modality like flower essence therapy in this way is possible. Building on my own very positive experiences of online study, I have incorporated as much support as is possible into this course including a secure forum, monthly conference calls, practice consultations with your peers by telephone or Skype and email support from myself.

- Complete a professional training qualification to suit your own lifestyle and study when and where you want
- This course can be started at any time and so is accessible to all – wherever you live and whatever your other commitments are



Levels and Qualification

Learning Option One: An **Essentially Flowers Flower and Vibrational Essence Diploma Certificate** will be awarded on completion of course material requirements. You will need to submit monthly reflections on essences taken, submit completed study workbooks for each month (i.e. 12 months) and 3 individual case studies. For those taking this Diploma and who live outside the UK, International Practitioner Membership with the British Flower and Vibrational Essence Association may be available – please visit this link for more information : <http://www.bfvea.com/Membership.php>

Learning Option Three : Students wishing to obtain a BFVEA accredited qualification will need to submit their completed study workbooks for each month (i.e. 12 months), attend the 3 weekends throughout the year of study, submit a reflective journal kept over the 12 months documenting personal experiences with the essences and 3 individual case studies. Two additional client case studies from each student from in-class client sessions which take place during Weekends 2 and 3 of the attended weekends are also required for this option. On successful completion of this course you will be awarded a **Practitioner Diploma in Flower and Vibrational Essences** and be eligible for membership with the **British Flower and Vibrational Essence Association**.

Attended weekends will be held in Canterbury, Kent, UK.

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Learning Options Two and Four: Students wishing to obtain a Katseye Aromatherapy Product Making Qualification Level 2 will need to submit monthly study workbooks for this qualification, submit monthly reflections on the essential oil products /blends used each month, design and make one product to take home each attended weekend using the essential oil blends and take the Katseye Level 2 Aromatherapy Product Making Assessment at the end of the 12 month course. On successful completion you will be awarded a **Katseye Level 2 Aromatherapy Product Making Qualification.**

Course Price

Learning Option One

£660 OR 1st instalment of £150 followed by 11 instalments of £47

This amount includes your 12 month online course, 12 dosage strength flower essences sent to you by post over the 12 months, support during this time and certification, option to participate in monthly teleconferences and a group forum.

A non-refundable deposit of £150 is payable to confirm your place on the course. This will be deducted from the total amount payable.

This Learning Option can be started at any time.

Learning Option Two

£855 OR 1st instalment of £175 followed by 11 instalments of £62

This amount includes your 12 month online course, 12 dosage strength flower essences and 12 essential oil products sent to you by post over the 12 months, support during this time, certification and accreditation, option to participate in monthly teleconferences and a group forum.

A non-refundable deposit of £175 is payable to confirm your place on the course. This will be deducted from the total amount payable.

This Learning Option can be started at any time.

Learning Option Three

£960 OR 1st instalment of £200 followed by 11 instalments of £70

This amount includes your 12 month online course, 12 dosage strength flower essences sent to you by post over the 12 months, 3 attended weekends (i.e. 6 days) in Canterbury, East Kent, flower products made during these weekends, support from your Tutor, certification and accreditation, option to participate in monthly teleconferences and a group forum.

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It does not include cost of travel, accommodation or food during these weekends.

A non-refundable deposit of £200 is payable to confirm your place on the course. This will be deducted from the total amount payable.

This Learning Option can be started at any time.

Learning Option Four

£1200 OR 1st instalment of £260 followed by 11 instalments of £86

This amount includes your 12 month online course, 12 dosage strength flower essences and 12 essential oil products sent to you by post over the 12 months, 3 attended weekends (i.e. 6 days) in Canterbury, East Kent, flower essence and essential oil products made during these weekends, support during this time, certification and accreditation, option to participate in monthly teleconferences and a group forum.

It does not include cost of travel, accommodation or food during these weekends.

A non-refundable deposit of £260 is payable to confirm your place on the course. This will be deducted from the total amount payable.

This Learning Option can be started at any time.

Course Dates

All course options can be started at any time.

Learning Options Three and F

Attended weekends for this course will be in March, August and November 2012 and are held in Elham, East Kent.

What is included

- Monthly files sent by email (a pdf file containing written information, a study booklet, an audio interview in mp3 format)
- A sample size dosage strength essence for use each month (and an essential oil product if taking part in Learning Options Two or Four) - sent by post
- Access to group forum
- Monthly conference calls using GoToMeeting
- Individual support from Trainer by telephone and email
- Refreshments on attended weekends

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What is not included

- Cost of accommodation and meals on attended weekends
- Cost of travel to attended weekend

To receive a detailed syllabus of the above Diploma and to request a booking form, please email sara.turner@flower-essences.net or give me a ring on 0772 5609873

I look forward to hearing from you

Sara Turner



- All participants – whichever level you are attending – will be sent a FREE set of Moonflower Essences for you to use in your practice
- All participants of Level 4 will also be offered the opportunity to attend a one day Level 2 Katseye Aromatherapy Product Making Course focusing on the therapeutic applications of the Blends – for JUST £75 instead of £195!

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