



January

The Art of Brewing Your Own Kombucha

Thur 1/10 5:00p - 7:00p

Instructor: Shea Richland - Cost: \$30

Dusk to Dawn: Evening Habits for Better Sleep, Mental Clarity & Energy

Sat 1/12 9:00a - 11:00a

Instructor: Rachel Peters, MA, Health Coach - Cost: \$30

Healthy Aging: Herbs for Optimal Health & Wellness

Sat 1/19 9:00a - 11:00a

Instructor: Suzanne Teachey - Cost: \$25

Anxiety & Depression: Finding Hope with Essential Oils

Sat 1/26 10:00a - 11:30a

Instructor: Sue Jordan, RN, BAN, CCAP - Cost: \$30

ESSENTIAL OIL CLASSES

Featuring Sue Jordan, RN, BAN, CCAP

Anxiety & Depression: Finding Hope with Essential Oils

Sat 1/26 10:00a - 11:30a - Cost: \$30

Chakra Balancing with Essential Oils

Sat 2/16 10:00a - 11:30a - Cost: \$30

Essential Oils for Chronic Pain Management: A Complementary Approach

Sat 3/16 10:00a - 11:30a - Cost: \$30

Essential Oils for Radiant Skin & Problem Skin

Sat 4/20 10:00a - 11:30a - Cost: \$30

new classes

THE NATUROPATHIC SERIES

Featuring Dr. Emilie Wilson, ND, LAc

Adrenal Fatigue

Sat 2/9 9:00a - 11:00a—Cost: \$30

Leaky Gut

Sat 3/23 9:00a - 11:00a - Cost: \$30

Blood Sugar Balancing

Sat 4/13 9:00a - 11:00a - Cost: \$30

February

Marshmallow Magic: An Herbal Class for Kid's

Thur 2/7 4:00p - 5:30p

Instructor: Tiffany Black - Cost: \$30

A Naturopathic Approach to Adrenal Fatigue

Sat 2/9 9:00a - 11:00a

Instructor: Dr. Emilie Wilson, ND, LAc, - Cost: \$30

Chakra Balancing with Essential Oils

Sat 2/16 10:00a - 11:30a

Instructor: Sue Jordan, RN, BAN, CCAP - Cost: \$30

DIY Bath & Shower Creations

Sat 2/23 9:00a - 11:00a

Instructor: Tiara Leitzman - Cost: \$30

ONLINE REGISTRATION at WWW.NECTARAPOTHECARY.COM

For detailed class descriptions, go to www.nectarapothecary.com. Register online, call (928-445-4565) or email us: info@nectarapothecary.com. Walk-ins are welcome, but space is limited. Advanced registration is recommended.



March

Medicinal Plant-Based Dyes for Printing & Painting

Sat 3/2 9:00a - 11:00a
Instructor: Brit Hessler - Cost: \$30

Healthy Skin is More than Skin Deep

Sat 3/9 9:00a - 11:00 am
Instructor: Suzanne Teachey - Cost: \$30

Essential Oils for Chronic Pain Management: A Complementary Approach

Sat 3/16 10:00a - 11:30a
Instructor: Sue Jordan, RN, BAN, CCAP - Cost: \$30

Easing Anxiety: Herbs to Restore Peace and Balance

Thur 3/21 5:00p - 7:00p
Instructor: Suzanne Teachey - Cost: \$25

A Naturopathic Approach to Leaky Gut

Sat 3/23 9:00a - 11:00a
Instructor: Dr. Emilie Wilson, ND, LAC, - Cost: \$30

Plant Medicine for the Whole Heart

Thur, 3/28 5:00p - 7:00p
Instructors: Suzanne Teachey - Cost: \$30

Topical Skincare Basics: Lip Balm, Salve & Body Butter

Sat 3/30 9:30a - 11:00a
Instructors: Tiara Leitzman - Cost: \$30

April

DIY Facial Oils & Serums

Sat 4/6 9:00a - 11:00a
Instructors: Suzanne Teachey - Cost: \$30

A Naturopathic Approach to Blood Sugar Balancing

Sat 4/13 9:00a - 11:00a
Instructor: Dr. Emilie Wilson, ND, LAC, - Cost: \$30

10 Essential Herbs for Kids: Creating a Kid-Friendly Herbal Medicine Cabinet

Thur 4/18 5:00p - 7:00p
Instructor: Tiffany Black - Cost: \$25

Essential Oils for Radiant Skin & Problem Skin

Sat 4/20 10:00a - 11:30a
Instructor: Sue Jordan, RN, BAN, CCAP - Cost: \$30

Natural Medicine for a Calm, Clear Mind

Thur 4/25 5:00p - 7:00p
Instructors: Suzanne Teachey - Cost: \$30

Align with Nature: Spring & Summer Seasonal Practices For Energy & Vitality

Sat 4/27 9:00a - 11:00a
Instructor: Rachel Peters, MA, Health Coach - Cost: \$30

NATURAL SKINCARE CLASSES

Healthy Skin is More than Skin Deep

Sat 3/9 9:00a - 11:00 am

Topical Skincare Basics: Lip Balm, Salve & Body Butter

Sat 3/30 9:30a - 11:00a

DIY Facial Oils & Serums

Sat 4/6 9:00a - 11:00a

Essential Oils for Radiant Skin & Problem Skin

Sat 4/20 10:00a - 11:30a



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