



## 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*

### **Plant Medicine for the Whole Heart**

Thur, 2/21 5:00p - 7:00p

*Instructors: Suzanne Teachey - Cost: \$30*

### **DIY Bath & Shower Creations**

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

*Instructor: Tiara Leitzman - Cost: \$30*

## ONLINE REGISTRATION at [WWW.NECTARAPOTHECARY.COM](http://WWW.NECTARAPOTHECARY.COM)

For detailed class descriptions, go to [www.nectarapothecary.com](http://www.nectarapothecary.com). Register online, call (928-445-4565) or email us: [info@nectarapothecary.com](mailto: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

### **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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