



WINTER / SPRING CLASS SPECIALS

2 for 1

Register for any class on the current schedule (through April 2019) and two students can attend for the price of one! Registration must be completed and payment must be received by Sunday, January 20, 2019. **For online registration, add two "items" to your cart for two students and enter coupon code TWO2019 at checkout.**



Pick Three Class Package

Register for any three classes on the current schedule (through April 2019) and take 50% off the entire package. Registration must be completed and payment must be received by Sunday, January 20, 2019. **For online registration enter coupon code THREE2019 at checkout.**

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



February

Marshmallow Magic: An Herbal Class for Kid's

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

Instructor: Tiffany Black - Cost: \$25

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

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

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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