



September

Medicinal Plant Walk

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

Instructor: Suzanne Teachey - Cost: \$25

Nourish Your Skin: Lotions & Creams

Sat 9/8 9:00a -11:00a

Instructor: Suzanne Teachey - Cost: \$30

DIY Facial Oils & Serums

Sat 9/15 9:00a -11:00a

Instructor: Suzanne Teachey - Cost: \$30

Ayurvedic Approaches to Nourishing Yourself with Oils

Sat 9/22 9:00a - 11:00a

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

Essential Oils for Chronic Pain Management

Sat 9/29 10:00a -11:30a

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



October

The Art of Brewing Your Own Kombucha

Sat, 10/6 9:00a - 11:00a

Instructor: Shea Richland - Cost: \$30

Herbal Potions Inspired by Harry Potter

Thur, 10/11 5:00p - 7:00p

Instructor: Tiara Leitzman - Cost: \$30

Essential Habits to Shift Your Relationship with Food

Sat 10/13 9:00a - 11:00a

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

Easing Anxiety: Herbs to Restore Peace & Balance

Thur 10/18 5:00p -7:00p

Instructor: Suzanne Teachey - Cost: \$30

Formulating Custom Herbal Remedies | 2-Part Class

Thurs, 10/25 & 11/1 5:00p -7:00p

Instructor: Suzanne Teachey - Cost: \$60

Aromatherapy Using the 'M' Hand Technique

Sat 10/27 10:00a -11:30a

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

November

Formulating Custom Herbal Remedies | 2-Part Class

Thurs, 10/25 & 11/1 5:00p -7:00p

Instructor: Suzanne Teachey - Cost: \$60

Syncing Your Monthly Menstrual Cycle

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

Instructor: Tiara Leitzman - Cost: \$30

Natural Pain Relief with Herbs

Thur 11/15 5:00p -7:00p

Instructor: Suzanne Teachey - Cost: \$25

Essential Oils for Winter Wellness

Sat 11/17 10:00a -11:30a

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



December

Herbal Holiday Gift Making

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

Instructor: Suzanne Teachey - Cost: \$30

Sacred Essential Oils of the Holy Land

Sat 12/8 10:00a - 11:30a

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

Topical Skincare Basics: Lip Balm, Salve & Body Butter

Sat 12/15 9:30a - 11:00a

Instructors: 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.