

September

DIY Facial Oils

Sat 9/7 9:00a - 11:00a

Instructor: Suzanne Teachey - Cost: \$40

A Naturopathic Approach to Anxiety & Depression

Sat 9/14 9:00a - 11:00a

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

Essential Oils for Memory, Cognitive Enhancement and Alzheimer's Support

Sat 9/21 10:00a - 11:30a

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

Elder Berry Magic: An Herbal Class for Kid's

Wed 9/25 4:30p - 6:00p

Instructor: Tiffany Black - Cost: \$30

Herbs 101: Introduction to Medicinal Herbs

Thur 9/26 5:00p - 7:00p

Instructor: Suzanne Teachey - Cost: \$25

Fire Cider Making Workshop

Sat 9/28 9:00a - 11:00a

Instructor: Tiara Leitzman - Cost: \$40

October

Cultivating Mindfulness with Flower Essences

Sat 10/5 10:00a—11:30a

Instructor: Zoe McCaffrey, MA - Cost: \$30 per week

A Naturopathic Approach to Better Sleep

Sat 10/12 9:00a - 11:00a

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

Formulating Custom Herbal Remedies | 2-Part Class

Thur 10/17 & 10/24 5:00p - 7:00p

Instructor: Suzanne Teachey - Cost: \$70

Essential Oils for Chronic Pain Management

Sat 10/19 10:00a - 11:30a

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

Herbal Potions Inspired by Harry Potter

Sat 10/26 9:00a - 11:00a

Instructor: Tiara Leitzman - Cost: \$40



ESSENTIAL OIL CLASSES

with Sue Jordan, RN, Certified Clinical Aromatherapy Practitioner

Essential Oils for Memory, Cognitive Enhancement & Alzheimer's Support

Saturday, September 21th

Essential Oils for Chronic Pain Management

Saturday, October 19th

Essential Oils During Hospitalization

Saturday, November 9th

Essential Oils for Winter Wellness

Saturday, December 14th



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.



November

Ayurvedic Approaches to Nourishing Yourself with Oils

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

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

Essential Oils During Hospitalization

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

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

Natural Plant Based Dyes for Paper

Sat 11/16 10:00a - 12:00p

Instructor: Brit Hessler - Cost: \$40

Herbs 102: Ten Essential Herbs for Your Home Apothecary

Thur 11/21 5:00p - 7:00p

Instructor: Suzanne Teachey - Cost: \$25

A Naturopathic Approach to Adrenal Fatigue

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

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

Instructor: Tiara Leitzman - Cost: \$30



Kid's Classes

Elder Berry Magic

Wednesday, Sept 25

Handmade Herbal Gifts

Wednesday, Dec 11



December

Herbal Holiday Gift Making

Sat 12/7 9:00a - 11:00a

Instructors: Suzanne Teachey- Cost: \$40

Handmade Herbal Gift's—A Kid's DIY Workshop

Wed 12/11 4:30p - 6:00p

Instructor: Tiffany Black - Cost: \$40

Essential Oils for Winter Wellness

Sat 12/14 10:00a - 11:30a

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

A Naturopathic Approach to Post-Holiday Detox

Sat 12/21 9:00a - 11:00a

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

The Naturopathic Series

Anxiety & Depression

Saturday, Sept 14

Better Sleep

Saturday, Oct 12

Adrenal Fatigue

Saturday, Nov 23

Post Holiday Detox

Saturday, December 21

ONLINE REGISTRATION at WWW.NECTARAPOTHECARY.COM

Register by phone at 928-445-4565 or email us: info@nectarapothecary.com.
Walk-ins are welcome, but space is limited. Advanced registration is recommended.