

♥ OPEN TO ALL HOSPITAL STAFF, VOLUNTEERS AND AIDES ♥

## AN INTRODUCTION TO FLOWER ESSENCES

**Date:** Monday, May 1, 2006  
**Time:** 5 pm – 8 pm  
**Location:** Breast Care Center  
**Cost:** ♥ Free of charge ♥

**Dr. Kelly Warshel**, Medical Director of Windber Hospice/Palliative Care Unit, and Holistic Physician, has invited Jane Ellen, from Santa Fe, New Mexico, to offer this Introduction to Flower Essences presentation to **all hospital staff, volunteers and aides**.

**Flower Essences are liquid extracts used to address profound issues of emotional well-being, soul development, and mind-body health; and are different than essential oils of flowers.**

This class is designed for those of you interested in learning about receiving Flower Essences as a subtle and powerful form of support for deepening relationship with oneself, with others, and with the world around you.

**COME JOIN IN THE JOY AND WONDER OF DISCOVERING HOW TO WORK WITH FLOWER ESSENCES.**

This presentation will include information on how Flower Essences work; what you might expect while working with them long term vs. short-term; how to choose the most appropriate Essences; the how to, and importance of, creating a "harmonious" blend; specific Essences for topics such as burnout, overwhelm, boundaries and grief; and an introduction to the four distinct stages of transformation during in-depth Flower Essence therapy. Handouts will be included.

In addition to a private practice in Santa Fe, New Mexico, Jane offers sessions, workshops, and classes in Minnesota, Wisconsin, and Virginia, while also providing private phone sessions to clients throughout the United States on a continual basis. She is a Registered Polarity Practitioner, and also draws from her background in mediation, non-violent communications, and Hakomi Integrative Somatics for trauma recovery.

For further information, you are invited to visit her website at the address given below.

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