

SPRING EQUINOX FLOWER ESSENCE WORKSHOP



Springtime invites us to awaken to new perspectives...to bring nurturance and joy to the seeds of our Life...to play, and to grow, and to blossom into our own beautiful and unique Self!

—❖— This wonderful **SPRING EQUINOX FLOWER ESSENCE WORKSHOP** is a five-month, once-a-month workshop designed for those who want to enter into Springtime with the intention to walk in life with an ever increasing sense of self-empowerment and fulfillment, and a continually deepening appreciation for the gifts of awakening and conscious choice.

This workshop will offer you the following opportunities:

- **To receive** Jane's compassionate and professional support in skillfully choosing the most resonant Flower Essence(s) for your personal blend and the theme(s) you are choosing to address;
- **To enter** into an intentional and meaningful relationship with your new personalized Flower Essence(s);
- **To create** short, medium, and long-term goals that will support an alchemical transformation with regard to the particular theme(s) you are choosing to address;
- **To learn** to recognize and track the 'four stages' of in-depth Flower Essence therapy, and to respond positively and constructively to what is presenting itself as you receive your personal Flower Essence(s) on a daily basis, from March through July;
- **To invite** additional awareness to your in-depth Flower Essence process through observation of the supportive energy and cycles of Nature during the New Moon each month, and the Spring Equinox season;

DATES

2007 Saturday dates: March 17; April 14; May 12; June 9; July 7

TIMES

**** First gathering: 10 am - 4 pm** (1-hour break for lunch from 12:30 pm - 1:30 pm)

Remaining Gatherings: 10 am - 11:30 am

LOCATION

1614 Third Street, Santa Fe, New Mexico 87505
(Jane's home)

COST

\$165 (\$80 non-refundable deposit reserves your space in the workshop; \$85 balance due on first gathering. See note on page 2.)

******The first of these gatherings will be six hours in length (including a 1-hour lunch break), which will allow time for Jane to offer support for the exploratory process of discovering the most deeply resonant individual Flower Essence(s) for you. To assist in this process, please go to the following link of Jane's website, and fill out the "Client Background Information Form," and bring it with you to the first gathering:
<http://www.transitionalintegration.com/prices.html>

- **To experience** the powerful gift of a safe, strong, nurturing group container ('witnesses') for your healing journey (free of feedback or cross-talk);
- **To gain** a deeper understanding of the subtle and powerful offerings of the Flower Essences as allies for your soul growth and awakening;
- **To observe** the positive shifts in your awareness, and the changes you are experiencing, throughout the four stages;
- **To celebrate** one another's unique journey *through the practice of presence*.



—❁— **Participants will choose their Flower Essence(s) from the 103 North American Quintessential Flower Essences offered by FES (Flower Essence Society), and/or the 38 English Healing Herbs Flower Essences, also distributed by FES.**

—❁— You will have the option of purchasing your personal Flower Essence(s) directly from FES, or a retail store; or, you may have Jane prepare a personal dosage bottle for you, for \$10. The one-ounce dosage bottle she prepares will last approximately one month, if receiving the recommended dosage of 4 drops, four times per day. You will also be able to purchase refills from her. Jane will offer you the option of vegetable glycerin or brandy as the preservative for your dosage bottle.

RESERVING YOUR SPACE IN THE WORKSHOP

A deposit of \$80 will reserve your space in the workshop, and the remaining \$85 is due at the beginning of the first gathering.

***NOTE:** If you wish to request special arrangements for payment, and to reserve your space in the workshop, contact Jane at 505-570-1208, or email her at: jane@TransitionalIntegration.com.

—❁— **Group size will be limited to 6 participants**, and will meet one Saturday each month, from March through July, on the dates listed above. Handouts will be included.

Jane received her training through the Practitioner Training Program with the Flower Essence Society (FES) in California. She is listed on the FES web site in their Practitioner Referral Network, and her Plant Study on White Yarrow is featured on their web site. She also draws on her background in mediation, non-violent communications, polarity therapy, and Hakomi Integrative Somatics for trauma recovery.

