

Creating Nature Essences

Saturday May 14th 2:00pm to 4:00pm

Alta Vista Gardens: 1270 Vale Terrace Drive, Vista CA 92084

Cost: \$35 (children free with parent taking the class)



We will learn how to make Nature and Flower Essences, vibrational remedies made from nature for healing, or assisting the emotional, mental and spiritual bodies. Through this class students will receive a deeper connection with the plant kingdom, their intuition, and healing energies of nature

Class will be enjoyed outdoors.

Essence making supplies will be provided.

Students will get to take home essence created in class.

Children Welcome!



Noella Roselena, flower essence practitioner and essential oil therapist, will be leading class. She founded Roselena Alchemy which specializes in a variety of evolutionary essences. She studied at the School of Natural Medicine in Boulder, Colorado. Many of her practices creating essences started on the Big Island of Hawaii. She is a true joy and her classes are always a wonderful experience.

Please RSVP by May 11th at synergyessences@yahoo.com or (209) 552-5402.

More info regarding gardens: altavistagardens.org
More info regarding essences: roselenaalchemy.com