

AROMATHERAPY WORKSHOP AT ANNA'S COUNTRY FLOWERS - TRIP REF: AC

Wednesday 4th June 10am

<https://annascountryflowers.co.uk>

Hares Farm Oast, Goldups Lane, Shottenden CT4 8JG

Join Anna and aromatherapy practitioner Julie Edwards for a relaxed morning learning how fragrant flowers and herbs affect our senses. Explore the cutting garden to discover which scents you enjoy and learn how to make two smudge sticks with flowers and herbs of your choice. One made from dried material to use immediately and one freshly picked for you to dry at home. You will also leave with a fragrant posy of flowers. All materials and refreshments provided. (Group size 10 people)

Transport: This visit is made using member's own transport

Cost: £50 per person, payable on booking by cheque or online.

See page 5 for payment details



Aromatherapy Workshop at Anna's Country Flowers Wednesday 4th June 10am

Name:

Address:

.....

.....

Phone number: (Mobile preferable)

E-mail:

I would like to book places on the visit

Trip ref: AC