

BACH FLOWER LEVEL 1 COURSE DESCRIPTION

Introduction to the Bach Flower Remedies

This course introduces students to each of the 38 remedies via case histories, practical examples and exercises, and details the philosophy of self-help and simplicity which underpins the system. This course is the first tier of a three-tiered training program offered worldwide by the Bach International Education Program.

Course Aims

- To introduce Dr. Bach's system of remedies as a simple to use, self-help system.
- To encourage the participants to use the remedies and to experience their effect
- To take an in-depth look at the crisis remedy (AKA Rescue Remedy) and how to use it
- To give detailed information on the seven groups and each of the 38 remedies, using case histories and practical examples
- To introduce the history and philosophy of Dr. Edward Bach
- To show how to use the remedies in everyday situations for oneself, friends and family as well as for plants and animals
- To inspire students to learn more about Dr. Bach's system of healing

Course participant learning objectives

- To develop a personal relationship with Dr. Bach's system of remedies
- To be familiar with the crisis remedy and how to use it
- To have an overview of each of the 38 remedies and their indications and to understand the application of the remedies to common everyday situations
- To learn how to take the remedies and to experience first hand their effects
- To understand the historical and philosophical context of Dr. Bach's remedies, including how the remedies are made
- To be aware of the next steps in the Bach International Education Program how the participants may take their journey with Dr. Bach's system further at their own pace whether through self-study with books or further training in the three-tiered training program.