



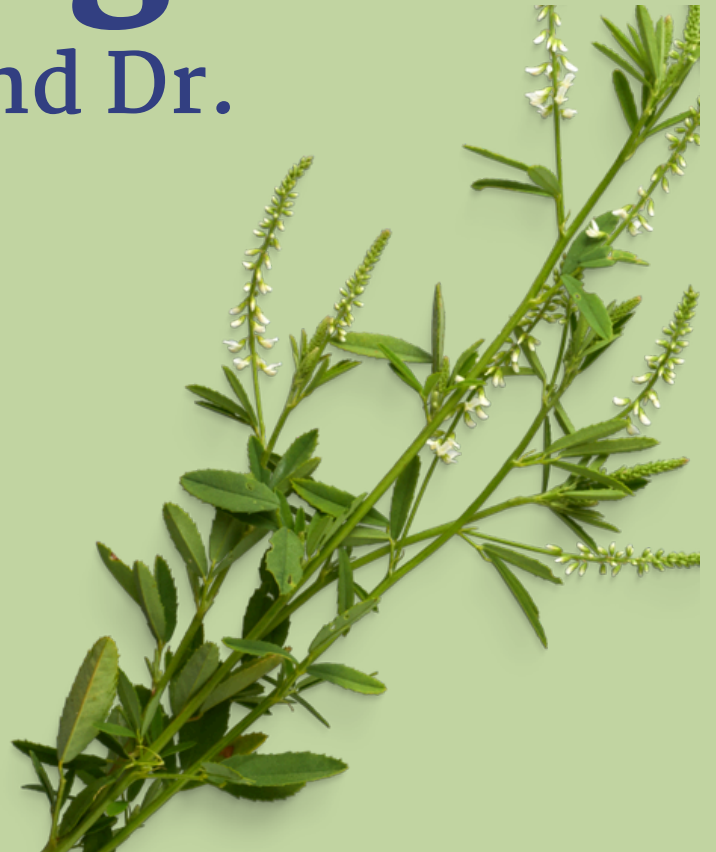
2026

# Annual Gathering

Consciousness and Dr.  
Bach

27<sup>TH</sup> 29<sup>TH</sup> MARCH

AMMERDOWN CENTRE,  
WILTSHIRE, UK



# Welcome to the 2026 BFVEA Gathering!

*Every year, something truly special happens within the BFVEA. We gather to strengthen our connection to one another and to the deeper purpose at the heart of Essence Therapy.*

*This year, our tradition carries added significance as we mark ninety years since Dr Bach's passing. This Gathering will therefore serve both as a celebration of his extraordinary legacy and as an invitation: to listen, to learn, and to grow together as practitioners, colleagues and friends.*

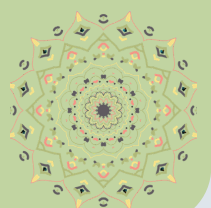
*We have thoughtfully curated a rich and inspiring programme, bringing together really special and inspiring speakers and activities.*

*Our intention is to honour the past, celebrate the present, and expand into a new level of being; one rooted in the living wisdom of Nature and in the timeless love and care of the human heart. We are reminded that every bottle, every flower, and every moment of connection matters, and that by tending to our own individual healing, we can help the world become a better place*

*We very much look forward to welcoming you.*

*Flor, Jan, Naoko*

*For all enquiries regarding the Gathering, please email [gathering@bfvea.com](mailto:gathering@bfvea.com).*



# Logistics

**Accommodation Check-in:** From 3.00 PM on Friday, 27<sup>th</sup> March. **Room Check-out:** 9:30 AM on Sunday, 28<sup>th</sup> March.

**Gathering start:** 4 PM Friday 27<sup>th</sup> March: **Gathering end:** 3 PM Sunday 28<sup>th</sup> March.

**Registration.** On arrival, please come to the Reception area and the BFVEA registration desk.

**Accommodation.** If you are staying at Ammerdown, your room will be allocated to you on registration.

**Meals.** Meals will be served in the Dining Room, according to the Programme timetable. Please inform us of any food allergies, if you have not already done so.

**Refreshments.** Refreshments are available at regular serving times in the area between the Lounge and the Dining Room.

**Accessibility.** Ammerdown has good mobility access. Contact us at [gathering@bfvea.com](mailto:gathering@bfvea.com) if you have any questions regarding accessibility.

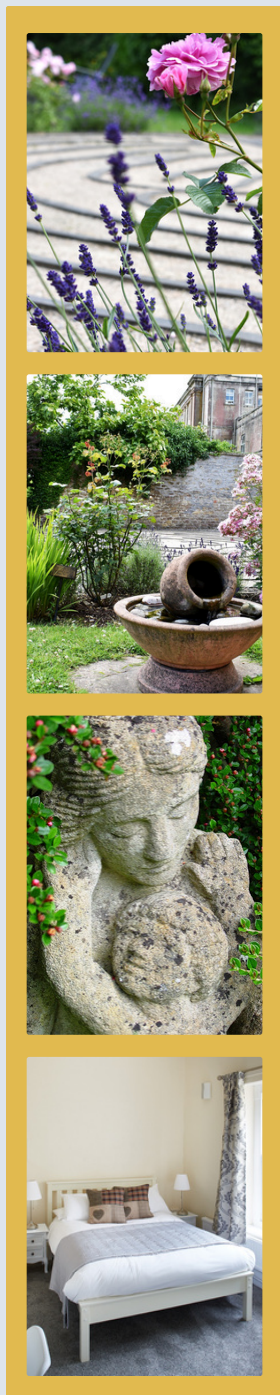
**Health and Safety.** On your registration, information will be shared on the Ammerdown retreat centre's health and safety procedures.

**Emergencies.** Please contact a member of The Organising Team.

- Jan: 07951 752 600
- Flor: 07902 507 137



# Ammerdown Retreat Centre



The Ammerdown Retreat Centre is a sanctuary of peace located near Radstock, Somerset, BA3 5SW. It is approximately 12 miles south of Bath and 16 miles from Bristol. Surrounded by beautiful gardens and woodlands, it provides a tranquil space for reflection, learning, and spiritual growth. Easily accessible yet secluded, Ammerdown is an ideal setting for retreats, workshops, and gatherings. For more information visit: <https://www.ammerdown.org>

Discover quiet spots around the grounds, including the beautiful labyrinth created by Ammerdown's Chaplain, Rupert Kaye, in 2012. Inspired by the iconic design at Chartres Cathedral, this labyrinth features seven circuits laid in brick and gravel, leading to a central flower and offering a unique opportunity for reflection, relaxation, and inner peace. The Ammerdown Chapel offers a quiet space for reflection and prayer to all who visit.

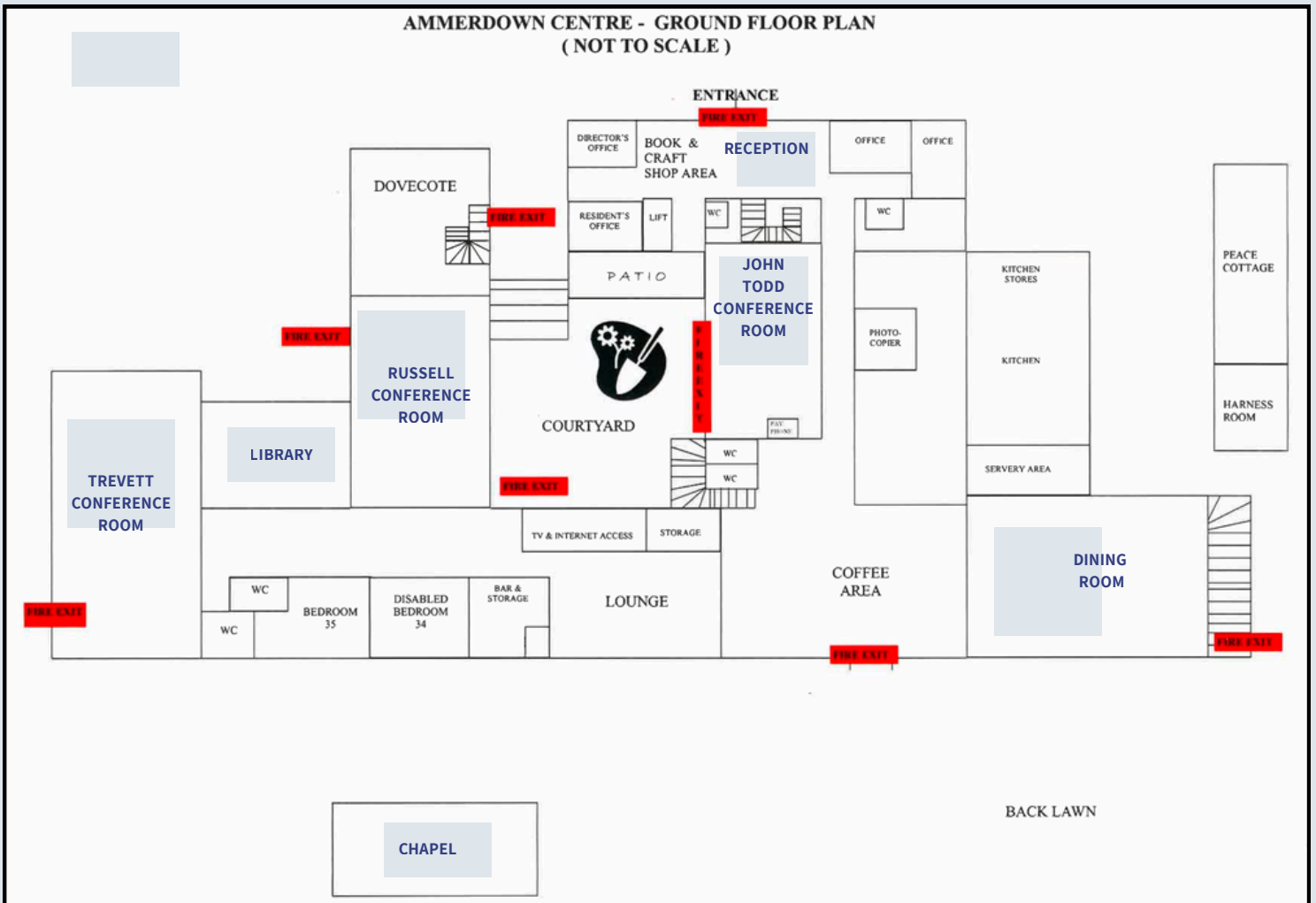
The centre has four meeting rooms 40 ensuite bedrooms, three of which are fully accessible, and delicious homemade food, taking care of people with dietary requirements. There is a lounge, licensed bar, library and TV room for relaxation, as well as the delightful grounds.

It's a beautiful venue and we hope you enjoy it.

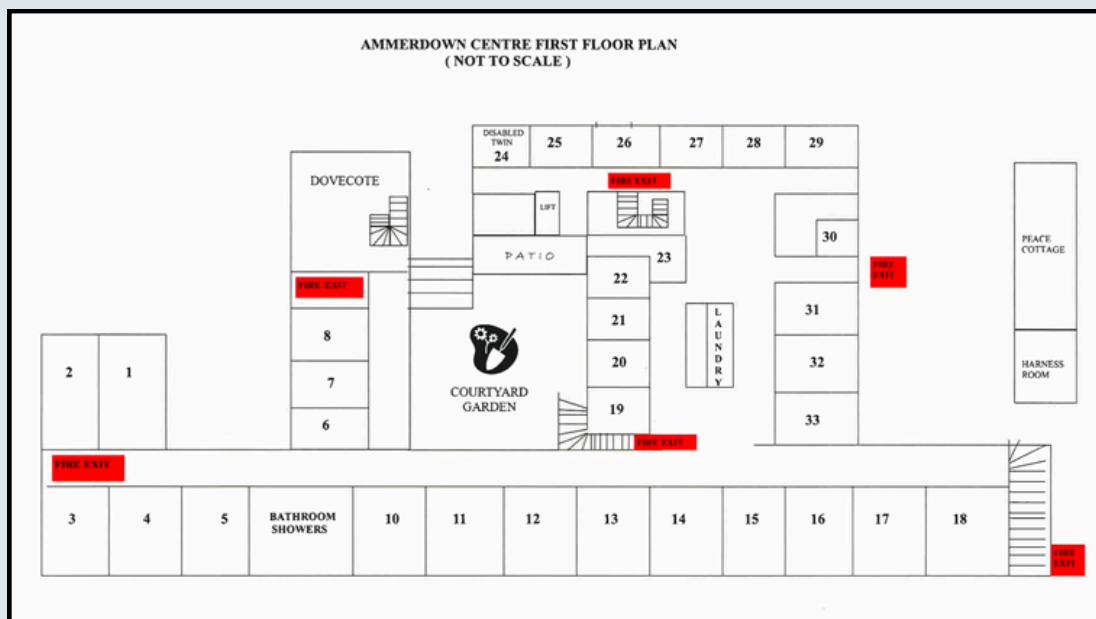
# Site Map

NOT TO SCALE

AMMERDOWN CENTRE - GROUND FLOOR PLAN  
( NOT TO SCALE )



AMMERDOWN CENTRE FIRST FLOOR PLAN  
( NOT TO SCALE )



# Display Tables



## DISPLAY TABLES (TREVETT CONFERENCE ROOM)

Throughout the weekend, display tables will showcase products from our members and exhibitors.

This is a great opportunity to explore and discover new essence ranges, try out unique offerings, purchase products directly, and connect with essence producers.

Here are the websites of the essence lines and products that will be on display:

<https://www.crystalherbs.com>

<https://lotusholistic.com>

<https://www.facebook.com/IcelandicSolutions>

<https://www.natureswish.co.uk>

<https://panosun.org>

<https://www.patagoniaessences.com>

<https://rainbowsendessences.co.uk>

<https://www.saskiasfloweressences.com>

<http://www.shelleysishton.com>

<https://www.stewartessences.co.uk>

<https://www.wildheartanimalessences.co.uk>

DAY ONE

# FRIDAY 27 MARCH

**Location: John Todd Conference Room & the Chapel**

- From 3:00 PM** • Accommodation Check-In and Registration
- 4:00 PM** • Welcome, practicalities & Gathering Blessing
- 4:15 PM** • **Plant Consciousness Weaving-** Shelley Sishton (John Todd Room)
- 5:15 PM** • **Consciousness, You, Me, Dr Bach and the plants-** Andrew Tresidder (John Todd Room)
- 6:15 PM** • Freetime
- 6:30 PM** • Dinner
- 7:30 PM** • **Gong Bath with Floral Acupuncture in the Chapel-** Michele Bentley
- 8:30 PM** • Programme end





## PLANT CONSCIOUSNESS WEAVING, WITH SHELLEY SISHTON

What could be more heart-warming than a bouquet of seasonal garden and meadow flowers—intuitively gathered and lovingly arranged by someone who understands their spirit?

After 20 years' experience as an essence practitioner and producer, in 2015 Shelley Sishton was guided to grow British seasonal flowers as a living flower pharmacy, bringing flower essences to life for new audiences. Her work is rooted in a deep reverence for nature. As she beautifully expresses, "The wisdom, spirit and energy of flowers and nature is at the heart of everything I do."

During our Gathering, Shelley joins us each day to guide us to deepen our innate connection with the healing presence of flowers, illuminating why this bond is vital for the well-being of ourselves, our communities, and our planet—now and for generations to come.

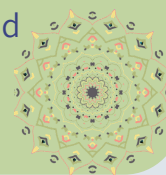
Our inaugural session will start with a ceremony to gather the energies of Nature and ourselves together for the weekend, intuitively weaving living plant consciousness into an **"Altar Blanket"** which we will add to as the weekend unfolds.

**You are invited to bring a little touch of nature with you to weave (e.g, a single leaf, a seed pod, a potted primrose, anything you are guided to). We will invite Nature Spirits and Light Beings with whom we each connect to be part of this weaving, for them to be present throughout our weekend of conscious connection with the living essences of flowers, plants and nature.**

### **Bio**

Author of magical stories bringing nature's ancient wisdom alive. Flower Essence Producer, British flower grower and natural floral designer, teaching the world about the healing power of flowers.

Website: [www.shelleysishton.com](http://www.shelleysishton.com) email: [hello@shelleysishton.com](mailto:hello@shelleysishton.com)





## CONSCIOUSNESS, YOU, ME, DR BACH AND THE PLANTS, WITH DR. ANDREW TRESIDDER

Dr. Andrew Tresidder will explore the journey we are all on here on the planet, and how the foundations Dr Bach laid have inspired so many of us to explore life and ourselves in depth – and help do our ‘Inner Work’.

### **Bio**

Andrew is a Life President of the BFVEA. Author, educator and doctor in Somerset, he works in NHS Somerset in non-clinical roles as part of a portfolio.

His interests include nature, music, family and personal growth. Find out more:

<https://healthandself.care>



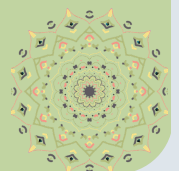
## THE ESSENCE OF SOUND – A GONG AND SOUND JOURNEY WITH BACH ESSENCES ACUPUNCTURE, WITH MICHELLE BENTLY

Dr. Michele Bentley will immerse you in a transformative sound journey, combining the power of vibrational healing with Bach Essences Floral Acupuncture. The workshop begins with a brief introduction to using essences alongside sound, followed by a deeply grounding and rebalancing session. With guided intention, the vibrations will help you connect on a deeper level. Participants are welcome to sit on chairs, cushions, or lie on mats for ultimate relaxation.

### **Bio**

Michele is an Advanced Flower Essence Practitioner, crystal therapist, and sound healer with a wellbeing practice in Somerset. She offers a range of Wild Oak Alchemy Sprays and ‘Alchemy of Egypt’ environmental essences, blending sound and nature for healing. A Sacred Celebrant and Priestess of the New Earth, she also conducts ceremonies and is currently studying integrative counselling, focusing on addiction, trauma, and neurodivergence. Find out more

[www.wildoakwellbeing.co.uk](http://www.wildoakwellbeing.co.uk)



DAY TWO

# SATURDAY 28 MARCH



- 8:15 AM ● **Breakfast**
- 9:00 AM ● **Meet Bach's Daughter Bobbie (recording)**- Jan Stewart (John Todd)
- 10.00 AM ● **Tea Break**
- 10:30 AM ● **Co-Creative Science – From Findhorn to Perelandra: Creating Balance Through Conscious Partnership with Nature Intelligence-** Martin Kutternik (John Todd)
- 12:00 PM ● **Lunch**
- 1:30 PM ● **Afternoon trip to the Chalice Well & The White Spring (transport provided)**
- 5.15PM ● **Back in Ammerdown- Free Time**
- 6.00 PM ● **Dinner**
- 7.15 PM ● **Stillness with Plant Consciousness-** Shelley Sishton at the Chapel
- 8.00 PM ● **Social time and Bach quiz with prizes at the bar**



## MEET DR. BACH'S DAUGHTER BOBBIE ON A VIDEO INTERVIEW PRESENTED BY JAN STEWART

In 1994, at the age of 78, Bobbie Bach was interviewed by her friend Gregory Vlamis.

Gregory had first introduced Bobbie to the wider world in his 1986 book *Flowers to the Rescue*, and he would delight her by sending unusual pencils from around the globe to add to her collection.

This interview has rarely been seen, so we are especially pleased to share it at our Gathering, marking ninety years since Dr Bach's passing.

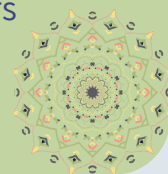
As you will discover, Bobbie grew up with only the vaguest early childhood memories of her father and knew little about him until she met Gregory. The true gift of the interview, however, lies not in the details but in the chance to see Bobbie herself—her lively presence and sharp character shining through.

Following the interview, we will introduce you to four new books from Beaver Press on the secret life of Edward Bach. These are the result of twelve years' research and include information you won't be able to find anywhere else, like ancestry, what his childhood and first love were like, what happened to his first wife and why Bach never lived at Mount Vernon. We will also formally launch a new BFVEA venture - the Members' online shop!

### **Bio**

Jan Stewart is Co-Chair of the Confederation of Registered Essence Practitioners (COREP) and serves as Tutor Member and Research Officer for the British Flower and Vibrational Essences Association (BFVEA), where she previously held the role of Chair. A retired academic, she has been creating and working with flower essences since the 1960s. For the past twelve years, Jan has also been researching the personal life of Dr. Edward Bach, and will be publishing her findings as part of the commemoration marking ninety years since his passing. More about her work can be found at:

[www.stewartessences.co.uk](http://www.stewartessences.co.uk)





## CO-CREATIVE SCIENCE – FROM FINDHORN TO PERELANDRA: CREATING BALANCE THROUGH CONSCIOUS PARTNERSHIP WITH NATURE INTELLIGENCE, WITH MARTIN KUTTERNIK

Co-Creative Science emerged from the pioneering spiritual experiments at the Findhorn Foundation and was later developed into a practical methodology at Perelandra – Center for Nature Research (USA) by Machaelle Wright.

Martin will trace this evolution – from early collaboration with devas and nature intelligences to structured co-creative methodologies applicable to health, homes, organisations, land, microbes, and personal development. At its heart lies a simple yet far-reaching shift: moving from attempting to manage or control nature to entering into a conscious partnership with nature's intelligence.

What does it mean to let nature “do the knowing”? How can balance be restored not through force or correction, but through alignment and dialogue? And how might this partnership model offer an alternative to hierarchical or mechanistic approaches to problem-solving?

### **Bio**

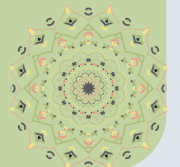
Martin Kutternik is an Austrian-born entrepreneur based in the Findhorn area of Scotland. He is the founder of PANOSUN Ltd., a UK distributor of holistic health technologies, including the full Perelandra range. For nearly four decades, he has worked with flower essences and co-creative practices rooted in conscious partnership with nature.

His focus lies at the meeting point of spiritual-scientific inquiry and practical application – exploring how human systems can come into greater balance through collaboration with nature intelligence and higher levels of consciousness. He approaches this work pragmatically – not as belief, but as a practical method. Alongside his distribution and educational activities, Martin supports initiatives inspired by Anthroposophic and Steiner-based principles. He is currently studying Dentosophy, a holistic approach to oral and jaw development that supports systemic balance by reorganising and freeing dental structures.

He brings to this conference long practical experience and living enquiry, inviting participants to explore conscious partnership with nature intelligence as a practical pathway to balance, sustainability and function.

**[www.panosun.org](http://www.panosun.org) Email:[martin@panosun.org](mailto:martin@panosun.org)**

This presentation is independent and is not affiliated with or endorsed by Perelandra or the Findhorn Foundation.





## AFTERNOON IN THE CHALICE WELL AND THE WHITE SPRING IN GLASTONBURY, HOSTED BY CASEY JON

On Saturday, 28th March, you will have the exciting and unique opportunity to visit and compare the red and white springs of Glastonbury.

**The Red Spring**, or Chalice Well, is an ancient holy well set within a beautiful World Peace Garden. With its sacred waters and unique vibration, Chalice Well has been a place of pilgrimage for thousands of years and aims to be a place to heal mind and body through the agency of Spirit, in cooperation with Nature. During our visit, you will be invited to connect and tune in with the **majestic yew trees**, the garden flowers, and the waters in your own personal way, to listen, to feel, and simply be.

What makes these gardens especially magical is that the plants are deeply accustomed to human communication. They are generous, responsive, and eager to engage, and with a gathering of flower essence practitioners and plant lovers present, they will undoubtedly call to each of us in their own unique way.

The lesser-known **White Spring** offers a powerful contrast to the sunlit gardens of Chalice Well. This mysterious, cavernous, candle-lit sanctuary feels like a threshold to the Otherworld. Inside, three domed vaults rise sixteen feet above bowed floors that curve like the hull of a boat moored at an unseen shore. Pools shaped according to sacred geometry invite deep reflection, while simple shrines honour Brigid, guardian of the spring, Our Lady of Avalon, and the King of the Realm of Faery. Each presence is subtly amplified by the Michael Ley Line, which passes through the site.

Here, you may choose to dip into the spring pools or simply bathe in the echoing, surrounding sound of the perpetually flowing waters, filling the chamber with their ancient song.

**This visit is truly not to be missed, even for those who have experienced the Red and White springs before.**

**Transportation and refreshments will be provided. You are welcome to bring 1 or 2 empty bottles to collect some water for future use, or buy one from the Gatehouse and shop for £3.50.**





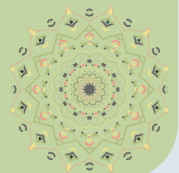
## STILLNESS WITH PLANT CONSCIOUSNESS WITH SHELLEY SISHTON

Just after dinner, we will gather around our living Altar Blanket to spend sometime in stillness.

Beginning with 5 minutes of adding elements to our altar – anything foraged with permission or offered by Mother Nature from around Glastonbury – then coming into stillness with a 5-minute guided meditation.

40 minutes of time in complete silence will follow to rest, meditate, journal, becoming fully present in the sacred space we have co-created with the consciousness of Nature and her plants.

Stay as long or as a little as you wish.



DAY THREE

# SUNDAY 29 APRIL

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- 8.15 AM ● **Breakfast**
- 9:30 AM ● **How to Promote Flower Essences and the BFVEA with Confidence-** Susan Lupetti (John Todd)
- 10.30 AM ● **Tea break**
- 11.00 AM ● **Growing Living Flower Medicine for the future of Wellbeing-** Shelley Sishton (John Todd)
- 12:15 PM ● **Lunch**
- 1:15 PM ● **Bach Flower Dance –** Jen Laner (John Todd)
- 2:45 PM ● **Closing Ceremony (John Todd)**
- 3:00 PM ● **End of Gathering 2026**

Safe Journey Home!





## HOW TO PROMOTE FLOWER ESSENCES AND THE BFVEA WITH CONFIDENCE, WITH SUSAN LUPETTI

In this presentation, Susan will share the BFVEA Marketing group's 'Talk Pack' available to all members and show us how we can all promote the BFVEA.

She will also discuss teaching and presentation recommendations based on her long career in education.

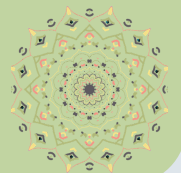
This presentation is suitable for students and practitioners at all levels of Flower Essence practice and is open to both BFVEA members and non-members, even those not planning to teach in the near future.

### **Bio**

In her Education career, Susan taught in Primary schools, Colleges and universities across the ages from 3 to 83!

She was introduced to essences by Anna Jeffroy during her training to become a Reflexologist and attended the Bach Centre practitioner course. After 10 years living in Switzerland, she lived with her family in Berkshire before moving to Glastonbury in 2007. There, she picked up her essence journey, working at the Chalice Well where she helped develop the Practitioner Training course. Susan is a BFVEA Tutor.

Susan loves nature, follows the wheel of the year and leads a shamanic drumming circle. Travelling and grandchildren fill up the rest of her spare time. Her mantra is 'Be the change you want to see in the world'.

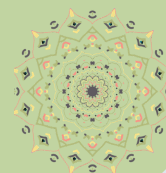




## GROWING LIVING FLOWER MEDICINE FOR THE FUTURE OF WELLBEING WITH SHELLEY SISHTON

From seed to bloom to seed again, a brief journey through the Flower Medicine Wheel of the Year, with an introduction on how to grow your own flower and plant essence medicine in tune with the Nature Spirits, the Angelic realms and the galaxies beyond. In a single pot, on a small plot or as a large garden. Exploring the importance of this for the present and future wellbeing of life on Earth.

Time to meditate with the consciousness of living British seasonal flowers and plants, including the topical placement of your flower/plant on your body.





## BACH FLOWER ESSENCE DANCE WITH JEN LARNER

Dancing in a circle is an ancient tradition shared across cultures—a way to celebrate, unite, and honour the rhythms of community and life.

Jen Lerner will take this timeless practice a step further, weaving it into the transformative realm of essence therapy.

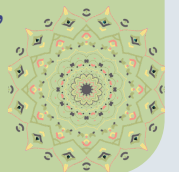
Inspired by the pioneering work of Anastasia Geng, Jen will guide participants through movement that awakens a deeper emotional, physical, and spiritual connection to the Bach flower remedies. Each dance is a physical expression of a flower's qualities—an invitation to feel its essences and literally move towards balance, harmony, and inner truth. Jen will join us for the whole weekend.

### **Bio**

Jen Lerner has been circle dancing for some 35 years and teaching it for 15. It is her passion.

In addition to teaching traditional dances, she has choreographed many dances and adapted others into seated versions, making them more accessible for those with limited mobility.

She loves the Bach Flower Remedy Dances for their simplicity, effectiveness, and the laughter that many of them bring. For her, they are a really good representation of the remedies in movement.



**Thank you for  
attending the 2026  
BFVEA Gathering!**

