

### *About us...*

The Bee and Blossom Ayurvedic Apothecary was inspired by the nature based holistic system known as Ayurveda. Ayurveda teaches the source of our wellbeing and balance is deeply rooted in the benefits of certain plants, herbs, flower's, and lifestyle approaches including the practice of Yoga.

Helen who is the founder of Bee & Blossom Ayurvedic Apothecary began her journey 12 years ago when she embarked on an Ayurvedic diet, lifestyle, and therapy training. This was shortly followed by a 12-month internship with an Ayurvedic Doctor treating complex medical conditions.



Through this, it became evident to Helen that, as human beings our very existence depends on the health of our plants, foods communities and eco system. With-out this, we as human beings become imbalanced and our wellness negatively affected.



In 2015 Helen created the Ayurvedic Retreat Centre on the edge of The Forest of Bowland, in the heart of Lancashire. Here Helen loves to educate and provide good quality programmes and products to anyone that is passionate about nature. Helen's knowledge of Ayurveda is at the root of all she creates, and this inspired the Rewilding Meadow Project to increase awareness and help people to reconnect to nature while establishing some of our lost native species.

### *The source of your product...*

In 2018 Helen dedicated her time to restoring 3 acres of land in collaboration with the Area of Outstanding Natural Beauty and the Hay Meadow Restoration Project. It was here that the People, Plants and Possibilities ethos became clear, when people and communities are immersed in nature the possibilities for growth and healing are endless, it is this that underpins all programmes, products, retreats and community groups that take place on the land.

2020 brought change for everyone around the world, so the online Bee & Blossom Ayurvedic Apothecary was created to expand connection.



### *My gift to you...*

My devotion and love for nature inspires everything I create and is the source of all my products. In the Hindu spiritual practice, they call it Bhakti Yoga, where your spiritual path is focused on the loving devotion towards a deity, in my practice the deity is nature itself. Many flowers are handpicked from my beautiful meadow, which is cared for with a spiritual and traditional approach. Most importantly nothing is picked unless it grows in abundance. My unique creation of the range of vibrational flower essences does not necessitate picking the flower itself.

I am passionate about ethical and natural products that are free from harmful chemicals. Your packaging is sourced where possible from local companies and all can be recycled.

Most importantly my love for wildlife and nature always comes first.



## *Conservation....*

Our Wildflower hay meadow is supported by the Green Recovery Fund which promotes nature restoration and conservation which is now part of the journey towards UKs economic recovering from COVID-19 19 and its transition to net zero climate program

Wildflower hay meadows are one of our rarest habitats and a priority for conservation and enhancement in the UK Biodiversity Action Plan. Largely lost from the rest of the country, these meadows survive thanks to traditional farming practices.



During Spring and Summer, the array of colourful flowers and grasses in hay meadows make not only a wonderful sight but create important places for other species such as bats, bees, and birds to feed and nest in. These species are rapidly in decline yet vital for the immunity of our eco systems. The meadow provides the opportunity for people and families that visit to rewild and reconnect.

## *Learn more .....*

The Bee & Blossom Ayurvedic Apothecary offers a monthly newsletter full of wellbeing knowledge from growing wildflowers, herbal tips, Ayurvedic principles and recipes for wellness. All information on our courses and products in Ayurveda, Flower Essence Vibrational Medicine, Hay Meadow restoration and Yoga therapy will be included. If you would like to subscribe then we welcome you to our mailing list and newsletter packed with healthy goodness & advice please click the sign up to our mailing list via [www.northernapproach.co.uk](http://www.northernapproach.co.uk)



