

# Explore the Edge: Intercultural Eco-Wellness Tour of Costa Rica March 21-31, 2014

## Holistic Journey:

\$1375 Double

\$1775 Single

*Includes all activities, meals (minus one free dinner), transportation and lodging*

## Holistic Journey & Medicines from the Edge

\$1975 Single Tour & MFTE with Hotel

\$1675 Double Tour & MFTE with Hotel

\$1575 Double Tour & MFTE Camping

*Includes all activities, meals (minus one free dinner), transportation, lodging & MFTE Convergence admission and activities.*

Join Rebecca Wood on an Ethnobotanical Holistic Journey to the Caribbean Coast of Costa Rica to experience the lush rainforest and the many healing plants used by Afro-Caribbean, Indigenous Bribri and eclectic *extraneros* living in Costa Rica from all over the world.

Learn about the abundant plant medicines and foods found around Costa Rica by visiting various permaculture farms, medicinal botanical gardens and conservation projects. Plant lovers will indulge in eclectic and traditional cuisine, hike primary rainforest and established tropical food forests, explore bustling markets and swim in the warm Caribbean Sea. Hiking excursions through the Gandoca-Manzanillo Wildlife Refuge, snorkel coral reefs, dolphin watching, visit the collections of the Ark Herb Farm, Jardín Agroecológico de Plantas Medicinales, Finca Isla, Kekoldi Indigenous Reserve and learn about the Sacred Seeds project at Finca Luna Nueva.

Two tour options available, one includes Medicines from the Edge: a Tropical Herbal Convergence, featuring 30 workshops, 6 plenary sessions, 6 plant walks, HOT SPRINGS, healing and kids zones.

### Ethnobotanical Journeys:

Offering trips around the world, Ethnobotanical Journey's focus is on education, respectful use and preservation of cultural significant plants and foods from around the world. Embarking on an Ethnobotanical Journey means that you are choosing to contribute to stewardship of the local area by creating value for the local people to maintain their traditional knowledge. EBJ contributes to local communities through sustainable income to preserve their cultural heritage and diversity of native plant species. Our guides are well-travelled and knowledgeable about local medicinal practices, native and naturalized flora and fauna as well as conservation, local ecological problems and solutions and are trained in permaculture.



### Holistic Journeys

hosted by  
Rebecca Wood  
MSEd, is a  
Certified  
Natural Health  
Professional, E-  
RYT 500 Yoga

Instructor, Herbalist/Ethnobotanist, MRF & Reiki practitioner and Ordained Minister for the Church of Radiant Lights. Coupled with her work in integrated wellness, Rebecca taught in the School of Natural Resource Management at Hocking College for 22 years. There her teaching included Field Botany, Plant ID, Herbal Studies, Permaculture Sustainable Design and the Central America study-abroad. Recently retired from public education, Rebecca now provides services as a Natural Healthcare Practitioner, Integrated MRF/ Yoga therapeutics.

Hopewood Holistic Health  
[www.hopewoodholistichealth.org](http://www.hopewoodholistichealth.org)  
[www.facebook.com/hopewoodhealth](http://www.facebook.com/hopewoodhealth)

**Creating a Sense of Place; A Spirit of  
Hope Finding Balance Within & Out**



### March 28-31, 2014

Join us in Costa Rica, a bio-diverse intersection of the Western Hemisphere to learn about the abundant medicinal species of the Tropics. Workshops and plenary sessions by local and international teachers: in Costa Rican ethnobotanical history, rainforest conservation, permaculture, tropical species, tropical food as medicine, planetary medicine and healing modalities. Hosted near the Arenal Volcano on a thermal river, there will be healing and sanctuary, tropical elixirs, an eclectic marketplace and jungle gourmet cuisine. Workshops in Spanish & English

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