

Explore the Edge: Intercultural Eco-Wellness Tour of Costa Rica March 22-31, 2014

7 Day Holistic Journey:

\$1375 Double

\$1775 Single

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

10 Day Holistic Journey & Medicines from the Edge Convergence:

\$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 of Hopewood Holistic Health on an Ethnobotanical Holistic Journey. This event co-sponsored by Ethnobotanical Journeys of Costa Rica. Delve into the unique Caribbean Coast of Costa Rica. Experience the lush rainforest and many healing plants used by Afro-Caribbean, Indigenous Bribri as well as eclectic *extraneros* now making Costa Rica their home. Discover why Costa Rica may just be the place for you to live!

Taste, smell and use of the abundant medicinal plants, foods and nourishing traditions found throughout Costa Rica. Share the day with inspiring hosts and curators of permaculture farms, medicinal botanical gardens and conservation projects. Plant lovers will indulge in eclectic and traditional cuisine, hike through primary rainforest and established tropical food forests, explore bustling markets and yes, swim and kayak in the warm Caribbean Sea. Tour includes; Hiking excursions through the Gandoca-Manzanillo Wildlife Refuge, snorkel coral reefs or kayaking, dolphin watching, Turtle Beach hikes and visits to the extensive botanical collections of the Ark Herb Farm, Jardín Agroecológico de Plantas Medicinales, Finca Isla, Kekoldi Indigenous Reserve and the Sacred Seeds project at Finca Luna Nueva.

It's Time to Take Time; Experience Yourself in the World!

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 is hosted by Rebecca Wood of Hopewood Holistic Health. She holds her MSED, CNHP, and has been

an Herbal Educator & College Professor for over 22 years in the Natural Resource field. There she created and facilitated the Central America Study Abroad. She is also a E-RYT 500 Yoga, MFR & Reiki practitioner and combines these skills now in full time integrated wellness services and sustainable land assessments. Her inspiration and passion comes from the 'green plants' and sharing the 'green spark' is primary goal!

For more information or to register
Contact Rebecca at:

Hopewood Holistic Health
www.hopewoodholistichealth.org
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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www.ethnobotanicaljourneys.com
www.facebook.com/medicinesfromtheedge