

Rebecca Wood, Proprietor/Director/Practitioner
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Creating a Sense of Place; A Spirit of Hope, Balance Within & Out

Rebecca Wood, MEd, is a Certified Natural Health Professional, E-RYT 500 Yoga Instructor, Herbalist/Ethnobotanist, MRF & Reiki practitioner. She is a retired Professor from the School of Natural Resource Management at Hocking College where she taught for 22 years. Her teaching included Field botany, Plant ID, Herbal Studies, Permaculture & Sustainable Design, Woodland Ecology, Soils, Wetland Management and the Central America Study-Abroad. Curriculum.

Rebecca now provides services as a Natural Healthcare Practitioner weaving together Integrated MRF/ Yoga therapeutics, Whole food & Herbal solutions. Two of her specialties are creating *hydrosols* and *flower essences* to help shift your wellness in a subtle but substantial manner.

Rebecca extends her herbal and classroom experience to you and your land, offering integrated Land-use consultant services, so you can better understand what's on your property and how to manage and use it sustainably. One of her great passions takes you from the comfort of your backyard to the world beyond through *Holistic Journeys Adventures*; an inter-cultural eco-wellness experience throughout the U.S. and Central America. Her mission is to cross boundaries and explore commonalities and diversity through culture, plants, food, history and mystery of the *Natural* world. Let Rebecca's experience, passion and philosophy in holistic thinking and integrated design help you meet your wellness, landuse and travel goals.

Rebecca speaks at many conferences and workshops and is available to design classes specific to your interests. She offers regional Slowfood-Garden and Greenhouse tours, leads hikes and workshops at various farms and the United Plant Savers Goldenseal Sanctuary in Meigs County and at bi-annual PlantWalkers conferences.

Contact Rebecca directly for topics and rates or find out what's happening visit her at www.hopewoodholistichealth.com or on facebook.com/hopewoodhealth and Instagram @BecaHerb. The choice is yours; the time is now; ***'it's time to take time'***.



"Travel brings power and love back into your life" Rumi