

Rebecca Wood

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A Chat with Rebecca; So, What do you bring to the healing arts? *The special quality I bring to any studio, workshop or private session is the joy and love I experience in helping people find balance and what's special about them. I love to see people (and myself) delve into the inner sanctum of habit, pain, injury to discover the amazing resiliency and healing power of our body. I incorporate laughter, joy, amazement and movement into my practice thus shifting the cellular makeup and epigenetics (your personal programming) creating a healthier you from the inside out! My work is as a guide or advocate for people on a journey to health, awareness and understanding. Working in the Healing Arts is a gift and a craft, one I take seriously by holding a safe, creative and fun space for that work to occur and by providing pertinent health information so the client can chose to take personal responsibility as they educate themselves.*



Each year I find it refreshing to meet folks on their path to personal growth through yoga and lifestyle changes. Be it in my amazing community of Athens, Ohio or on the road in the U.S. or south of the boarder, in Central America, It is a blessing to see how youthful and aged bodies move through asana, MFR, respond to nature, revive with wholefood, herbs and meditation. It is my blessing to see, to listen and to facilitate.

What is your background and training in yoga/MFR? *I am an E-RYT 500 practitioner and CNHP (Certified Natural Health Professional). My early formal training is Iyengar and Hatha Flow. My work with Nosara Yoga sharpened and intensified my focus on SAY- Self Awakening Yoga Therapeutics, Pranassage and YIN yoga. I have also taken Structural Yoga training with M. Stiles, Balance Training with Jean Couch and Anatomy Trains with Tom Myers and Doug Keller. Over the last few years I have incorporated Myofacial Release (MFR) as a treatment modality and recently completed the Advanced level status from The John Barnes MFR technique. It has enhanced greatly my understanding of the body's innate ability to heal*



itself. From these experiences I have created my own system of body work and yoga practice integrating skills from each teacher and training. I call it, **Integrated Body Alignment**®. My ongoing work with Angela and Victor has also solidified my desire to explore, to soften and to have fun with any practice. Recent training and practice in Silver Sneaker Yoga, Yoga Dance for Special Populations and Functional Fitness has also opened my eyes to the aging client and importance of social activities and community, the use of the body and breath to bring grace, function, fun and health to a person at any age.

How did you come to be a Holistic Healthcare Practitioner? I am certified as a CNHP, Certified Natural Health Professional an affiliate Training group of Trinity College. This work coupled with many years of experience and a Masters in Therapeutic Recreation, 10 years of experience in Mental Health and extensive training in herbal therapeutics, AromaTherpay, AromaTouch, Field Studies and Adventure Travel, Reiki, Chakra and Energy Healing, Food as Medicine and Functional Fitness has helped to meld my work in Holistic Health, Advocacy and Healthy Sustainable Communities. My goals for 2015-16 include completing my Holistic Nutrition certificate form Trinity College and my Personal Trainer status through ACE as well as continue studies in herbalism, wholefood, sustainable development and permaculture solutions.



BIO Overview- Rebecca embraces being a generalist with specific skills! She is first and foremost a passionate Herbalist/Ethnobotanist. Her complementary training in Energy Healing and Reiki coupled with her work in integrated wellness brings a unique flavor to her work. Rebecca retired after 25 years of teaching Natural Resource Management, Herbal Studies, Permaculture & Sustainable Design to pursue Holistic Health and Travel. Her unique accomplishments in education included; creating and coordinating the Central America study-abroad program, co-coordinating the Eco-tourism CASS curriculum & creating the Herbal Studies program. Rebecca now offers her

services as a Natural Health & Yoga/MFR practitioner. From Wild Food to Functional Fitness Rebecca offers programs locally in groups and private settings. She also directs 'Holistic Journeys' an inter-cultural eco-wellness travel service. Her experience & passion in holistic thinking and integrated design makes Rebecca uniquely qualified to help you meet the health and wellness goals for yourself, your home and community.

Rebecca supports the ideal of "sense of place and finding balance", she subscribes to the belief that personal action leads to real and lasting change. Find yourself in the world, find love in the journey, It's Time to take Time!

