



**Rebecca Wood, Proprietor-Director-Practitioner
Hopewood Holistic Health**

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

Rebecca Wood MSED, is a Certified Natural Health Professional, E-RYT 500 Yoga Instructor, Herbalist/Ethnobotanist, Reiki Master 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 focus of programming was Herbal Studies, Permaculture & Sustainable Design and the Central America study-abroad. Recently retired from public education, Rebecca now offers services as a Natural Health Practitioner, Yoga Therapist, Whole Food and Wellness Facilitator. She also directs *Holistic Journeys*; an inter-cultural eco-wellness experience throughout Central America. Her experience, passion and philosophy in holistic thinking and integrated design makes Rebecca uniquely qualified to help you meet your health and wellness goals for yourself, your home and community.

Rebecca supports the ideal of “sense of place and a spirit of hope” and subscribes to the belief that personal action leads to real and lasting change, that *slowfood*, *wholefood* and *intentionality* are keys to personal and planetary health. Rebecca believes that goal setting, education, support systems and life coaching are essential to manifest wellness and balance within and out.

Rebecca offers individual, group and eco-wellness/inter-cultural journeys as her medium of service. Explore the benefits of yoga, qi gong, reiki, pranassage, body alignment, healing with nature and gentle fitness. Experience the taste and simplicity of meals prepared with wholefoods and wildfoods. Learn to explore your backyard and beyond and ‘reclaim your herbal heritage’ with herbs & plants to accent your meals and medicine cabinet.

Rebecca speaks at many local and regional 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 is available to help you assess and sustainably develop your land and resources. Contact Rebecca directly for topics and rates or find out what’s happening at www.hopewoodholistichealth.org or visit us on facebook. The choice is yours, the time is now; ***it’s time to take time***’.

