

Total Wellness and Human Ecology

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We provide sustainable and Integrative Health – Body, Mind, Emotions and Spirit. Education and Counseling to individuals & families. Residents of Woodstock and near by communities. We work in collaboration with other holistic health and environmental groups, and agencies. Since October of 2012, **Total Wellness and Human Ecology** continues offering these services:

_Educational Programs and workshops to foster trust, awareness and resilience in our community. Connecting persons to each other and helping them form their circle of friends or groups to create sustainable solutions and experience Total Wellbeing during this time of Global Climate Changes.

Workshops, classes and groups of Total Wellness Human Ecology.

- * Sustainable and Integrative Healing modalities
- * Meditation and peace walks in public places
- * Seminars in Health, Nutrition and Herbs for Healing
- * Practice **Mindfulness and Compassionate Communication**^(RM)
- * Workshops for Children and Parents: Art and the Environment.
- * **Our Interconnectedness** - oneself, family, community and Mother Earth.
- * **Offerings to Pachamama Ceremonies**^(RM) Pachamama is Quechua for Mother Earth
- * Environmental Education & Mindfulness for every day.

We organized and continue to counsel and share resources to support each group Parent-Care Takers - Children's Art & our Environment,–Mindfulness for Social Workers & Therapists_, Seniors Friendships-. We integrate our own knowledge and experience with Rob Hopking's philosophy and vision for The Transition Movement.

Since October of 2012, the first **Total Wellness and Human Ecology** group served as incubator were other groups formed. From our Home to Home meetings to 5 Groups.

I meet monthly with 5 groups

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