



# EcoTours for Cures

March 11th – 17th

## Ethnobotanical, cultural, and natural excursions into the heart of **Jamaica**

Experience the island of Jamaica untouched by tourism. Rekindle your natural connections to the land, plants, breeze, soil, and sand. Find your calling. Your rhythm. Your breath. Your senses. Your intuition. Your full joy. Connect with the land and connect with yourself.

Led by Dr. Eugene Zampieron, Dr. Lindsay Chimileski and Kibret with one of a kind local guides – Lion, John Boops, Bintó, Natty Grant, Kemar, and Prince Francis.

- Explore pristine trails along the Caribbean
- Discover majestic waterfalls unknown to the tourist traps
- Travel with Rastafarian Bush doctors and maroon guides and melt into the pulse of their simple lifestyle
- Experience moonlit fire ceremonies and cookouts on the beach
- Hike deep into tropical rainforests
- Drink herbal teas prepared by expert naturopaths, ethnobotanists and herbalists
- Enjoy the foods of Jamaica, cooked to perfection by our chef Bintó
- Workshops on Caribbean botany, medicinal herbs and foods – taught by professors of botanical and herbal medicine with decades of experience

*Join us March 11th through 17th, 2023. Limited spots are available for this exciting trip! Comfortable cottage accommodations and economical camping options available.*

**Continuing medical education is available!**

 [www.ecotoursforcures.com](http://www.ecotoursforcures.com)  (203) 263-2970

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