

What is EdenBloom

EdenBloom is an integrated nature-based wellness education and community engagement program grounded in the understanding that human health is inseparable from our relationship with nature. EdenBloom firmly rests on a biocultural framework and recognizes humans as biological, psychological, social, cultural, and ecological beings whose well-being emerges through alignment between body, community, environment, and meaning. Through reconnection with land, food systems, movement, social bonds, and place. At the core of EdenBloom is a single unifying principle: the human-nature connection is foundational to healthy living.



CONTACTS



To register for the Biocultural Garden contact
registrar@pamlicorosecademy.org

For more information about Pamlico Rose Academy or EdenBloom,
contact robert@pamlicorose.org



PAMLICO ROSE ACADEMY

presents

EdenBloom



an online nature-based wellness program and its inaugural course

EdenBloom 101

The Biocultural Garden

*Where Nature, Culture, and
Health Take Root*





Mission of Pamlico Rose Institute

To promote healthy living among underserved populations in North Carolina through hands-on, integrated, community-focused initiatives.

PRI Wellness Corps

Through our AmeriCorps partnership, we place Wellness Corps members directly at host sites—including community gardens, schools, transitional housing, and therapeutic farms—where they provide critical support in garden operations, programming, volunteer engagement, and outreach. These members help lead gardening workshops, wellness events, and creative expression activities tailored to the needs of each community.



Aurora Garden site



AmeriCorps
North Carolina



The Biocultural Garden...

This foundational course explores the deep and enduring relationship between humans and the natural world through a biocultural lens—biological, cultural, and ecological.

By the end of the course, participants will:

- Understand the biological, cultural, and ecological foundations of the human-nature connection
- Recognize wellness as an integrated, systems-based process
- Apply Total Life Fitness and BPSE frameworks to everyday life
- Use the Wellness Garden Compass to design and support wellness spaces
- Engage in sustainable gardening practices rooted in permaculture and regenerative principles



About EdenBloom 101: the Biocultural Garden

Course launch: May 15, 2026

Instructor-led

Five week duration

One module per week

Self-paced within each module

Evaluation exercises

Time commitment: 1-3 hours a week

Weekly instructor zoom office hours

Course is free

Enrollment capped at 15

Graduates receive a complimentary copy of *On Herbs*



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