



EdenBloom 101-The Biocultural Garden

Where Nature, Culture, and the Roots of Wellness Run Deep

Where Nature, Culture, and Health Take Root

Understanding Wellness Through Nature, Systems, and Practice

EdenBloom 101: The Biocultural Garden is a foundational course within Pamlico Rose Academy that explores the deep and enduring relationship between humans and the natural world through a **biocultural lens—biological, cultural, and ecological**.

The course begins with a core premise:

human health, behavior, and meaning have been shaped through continuous interaction with natural environments, and this relationship remains essential to well-being today.

Course Foundation

EdenBloom 101 introduces a **biocultural view of the human–nature connection**, showing how our physiology, cultural practices, and ecological relationships evolved together. From neurobiological responses to movement and landscape, to cultural traditions rooted in land and food, to the ecological systems that sustain life, participants come to understand that wellness is not separate from nature—it is **embedded within it**.

Building on this foundation, the course reframes healthy living as a **holistic and integrated process**, where physical, mental, emotional, social, and environmental dimensions of life interact continuously. Wellness is introduced not as a static goal, but as a **dynamic, lived practice** shaped by daily behaviors, relationships, and environments.

From Wellness to Resilience

EdenBloom 101 then introduces **Total Life Fitness (TLF)** as a practical, readiness-based approach to wellness. Expanding beyond traditional notions of fitness, TLF positions health as the capacity to **adapt, respond, and recover** across life’s challenges—individually and collectively.

Participants explore how TLF builds resilience not only at the individual level, but across families and communities, linking personal well-being to broader systems of support and stability.

To operationalize this approach, the course introduces the **Biopsychosocial Ecological (BPSE) framework**, which organizes wellness into four interacting systems—biological,

psychological, social, and environmental—providing a clear and practical way to understand how wellness is experienced in everyday life.

From Framework to Practice

Using the human–nature connection as a driving force, EdenBloom 101 moves from theory to application through the **Wellness Garden Compass**, a model that demonstrates how nature-based activities—particularly gardening—integrate multiple dimensions of wellness simultaneously.

Participants learn how to apply BPSE and TLF principles in the **design, development, and sustainability of wellness garden spaces**, transforming gardens into environments that support health, connection, and resilience.

The course also introduces **permaculture principles** as a systems-based approach to designing sustainable, regenerative garden environments, alongside an exploration of **regenerative agriculture**, emphasizing soil health, ecological balance, and long-term sustainability as essential components of wellness.

Applied Learning

EdenBloom 101 bridges knowledge and action by providing **practical guidance in gardening**, including accessible strategies for growing food, maintaining garden systems, and engaging communities in shared spaces.

This applied learning is grounded in a real-world example through a **case study of the Aurora Wellness Gardens**, illustrating how these concepts come together in practice—demonstrating community engagement, resilience-building, and nature-based wellness in action.

Outcome

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

Part of Pamlico Rose Academy

EdenBloom 101 serves as an entry point into Pamlico Rose Academy's broader mission of advancing **wellness, resilience, and community cohesion** through applied, place-based learning.