



The wind at dawn has secrets to
whisper. Don't go back to sleep!

–Mewlana Jalaluddin Rumi



2025–2026

Ladies ReWilding

REROOTED: RETURNING TO THE
WISDOM OF WILD THINGS



"After these gatherings, I experience nature as more of a home rather than a place I'm visiting. Taking the time to simply sit and be present can be such a rare experience, and these classes reminded me how to come home."

ReWild with us!

Join us in a year of deep remembering — a reRooting — as we return to the plants as teachers, allies, and kin. Throughout the seasons ahead, we'll gather in two soul-nourishing ways, each designed to rekindle wonder, belonging, and connection with the natural world.

Seasonal Sunset Series – As the earth shifts through her seasonal thresholds, we'll meet in sacred pause — walking by twilight, listening, reflecting, and tending the fire together. These evenings are an invitation to attune ourselves to the quiet wisdom of the land and the changes stirring within.

Monthly Herbal Gatherings – On quiet Saturday mornings, we'll greet the land at first light and step into intimate relationship with plants — crafting wild medicines, edible delights, and earth-rooted art. With hands in the soil and hearts open, we'll explore how these plants nourish not only our bodies, but our spirits and communities, too. See you in September!

xoxo

Chelsea

Option 1



Seasonal Sunset Series

Let's celebrate the changing of the seasons by honoring the rhythms of the earth and within ourselves. The Seasonal Sunset Series includes four guided gatherings, each aligned with a seasonal threshold — times when nature quietly shifts and invites us to do the same. Together, we'll hike into the beauty of dusk, sip wild-foraged seasonal teas, and settle into guided meditations that invite inward reflection. Each evening culminates in nature journaling and warm fireside connection under the open sky. To support your journey throughout the year, each participant will receive a beautifully crafted seasonal journal, filled with prompts and gentle invitations to deepen your relationship with the land and with yourself between gatherings.

Detach Primitive Campground

3981 Summit Ct NE, Rockford, MI 49341

7:00pm–9:00pm

- Autumnal Equinox – Monday, Sep 22, 2025
- Winter Solstice – Sunday, Dec 21, 2025
- Vernal Equinox – Friday, Mar 20, 2026
- Summer Solstice – Sunday, Jun 21, 2026

\$160
/full year

Tuition Support
is Available



\$50 discount to enroll in both the Seasonal Sunset Series and Monthly Herbal Gatherings

Option 2



Herbal Gathering Series

\$620
/full year

Tuition Support
is Available

Saturday Mornings Monthly, 7:00am–10:30am.

These gatherings are an invitation to begin again — in wonder, in movement, in connection. We'll greet the day with yoga, quiet observation through nature journaling, and meaningful time spent with wild plants.

Each gathering brings us to a different natural area around West Michigan, where we'll get to know the plants of that place — crafting herbal medicines, preparing seasonal foods, and creating art rooted in what the land offers. Most classes will take place within 30 minutes of Grand Rapids, with a few held along the shores of Lake Michigan for a deeper immersion.

The full schedule, with locations for the year ahead, will be shared with enrolled participants in August — giving you time to prepare for a year of rooted mornings spent in kinship with plants, place, and community.

Save the Dates:



September 20, 2025

October 11, 2025

November 1, 2025

December 6, 2025

January 3, 2026

February 7, 2026

March 7, 2026

April 4, 2026

May 2, 2026

June 6, 2026

July 11, 2026

August 1, 2026

The weather make-up date is one week from the scheduled gathering.



ReWilding Courses Include



In-Person Connection

Time to slow down, root deep, and reconnect with the wild wisdom of plants and place. We will connect in the natural world throughout all the seasons, and with one another in meaningful community.



24 Bi-Monthly Invitation E-Newsletters

A beautiful e-newsletter to keep you on track throughout the month that includes journaling prompts, mindfulness practices, and readings to dive deeper into the topics covered during our gatherings



Small Groups for Deeper Connection

During our first gathering, we will create smaller groups for an opportunity to check in via text thread with other women as we walk this journey of life together.



Exclusive Facebook Group Access

Join our online community for the opportunity to connect between classes, ask questions, and share discoveries and resources (and lots of plant pictures!).

\$50 discount to enroll in both the Seasonal Sunset Series and Monthly Herbal Gatherings



We will be outdoors in many types of weather. Gatherings will likely be postponed if the following is in the forecast

- Thunderstorm warning, tornados or severe weather
- Heat index above 90°
- Wind chill below 0°
- Heavy rain with a wind chill below 45°
- Wind gusts above 35 mph
- Air Quality AQI Index of 150+



NOTE If we need to cancel due to weather, we'll plan to meet the following Saturday morning. If we have to cancel two weeks in a row, that gathering won't be made up. If more than one gathering is missed over the year, we'll issue a prorated refund at the end of the season in August.

Outdoor Gear List

Since we'll be gathering outdoors through all seasons, it's important to come prepared with gear to keep you comfortable in a variety of weather. While we'll postpone for severe storms or heavy rain, we will likely experience some wet or chilly days — and being well-equipped makes all the difference in enjoying the magic of the moment.

GEAR LIST

- ✓ Rain coat, rain pants and rain boots
- ✓ Winter coat, snow pants, winter boots
- ✓ Warm hat and gloves
- ✓ Warm layers to shed as the day warms up
- ✓ Optional - An umbrella could be helpful for parts of our gathering, but can be hard to manage while working with our hands.





SUPPLY LIST FOR HERBAL GATHERINGS

- ✓ New, unlined journal that you're excited to use.
- ✓ Nice set of colored pens, markers, or colored pencils, whichever you prefer to journal with
- ✓ Yoga Mat
- ✓ Bring your own mug each gathering for sipping wild herbal teas.
- ✓ Recommended Reading
 - Botany in a Day by Thomas J. Elpel
 - Plants Have So Much To Give Us, All We Need To Do Is Ask:
Anishinaabe Botanical Teachings by Mary Siisip Geniusz
 - Newcomb's Wildflower Field Guide by Lawrence Newcomb

Meet the Instructors *pt. 1*

Chelsea Eerkes

is the director of Discovery Wilderness School and homeschool mama to five beautiful girls. Chelsea loves swimming in Lake Michigan, collecting beautiful autumn leaves, and cozy winter days next to the fire reading with her girls. She feels most connected to the natural world when she is foraging for wild edibles or creating and using medicines from wild herbs.



Jeanne Garlets

is an outdoor educator and certified yoga instructor (YTT 200) with a deep love for the outdoors. She is most at home in wild and beautiful places. Her passion lies in helping others connect with the natural world in meaningful ways, blending mindfulness, movement, and learning to inspire a lifelong love of nature.





Meet the Instructors *pt. 2*

Amy Nowack

is the High School Botany Teacher and administrator at Discovery Wilderness School. She loves to kayak, travel, and hike – spending hours at a time wandering the landscape studying plants in all their environments. She is a certified arborist and native plant expert, passionate about learning and sharing her love of the natural world with everyone she meets.



Sara VanderVelde

leads the teen mentor program at Discovery Wilderness and is mama to three wild and free kiddos. She has taught outdoor education all over the world. She loves great food, hiking, fishing, and playing with her babies in the great outdoors! Sara is excited to guide our group as we explore nature connection practices together this year.





What is the difference between Seasonal Celebrations and Monthly Herbal Gatherings? Can I do both?

We'd love for you to join us for both if it feels aligned! Each offering holds its own rhythm and beauty. The Seasonal Sunset Series meets four evenings a year (equinoxes + solstices) for reflection, tea, and fireside connection. The Monthly Herbal Gatherings are hands-on Saturday mornings with yoga, plantcraft, and nature journaling. **Sign up for both and receive \$50 off.*

Can I come just a few times, rather than committing to the whole year?

This course is designed to unfold gently over time, with each gathering deepening our connection to the land, the plants, and one another. We've found that having a consistent circle of women creates a strong container for trust, growth, and shared discovery.

That said, life has its seasons — and if a monthly rhythm feels like too much right now, we invite you to consider joining us for just the Seasonal Sunset Series. These four gatherings are spacious, grounding, and a beautiful way to stay connected to the turning wheel of the year.

Wherever you land, we'd be honored to share the path with you.





How can I access Tuition Support?

We don't want tuition to feel out of reach for any family, and we recognize that everyone can contribute unique offerings to our community. Reach out to inquire about a customized plan.

Will there be carpooling to the gatherings?

Yes! Anytime we meet along the lakeshore, we offer an optional carpool sign-up to help share rides, reduce gas and mileage, and care for the Earth together. At our first gathering, we'll also create space to connect with women who live nearby and encourage setting up your own carpool groups — because the journey is even sweeter when shared.



Let's get started!

We'd love to have you join us this year. Reach out with questions, or sign up on the enrollment website today.



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www.discoverywilderness.com