
Quick look

- Eco-immersion: Growing indigenous Connectedness Presentation
- Walking Through the Seasons, Language of the Plants Presentation
- Keepers Of The Seasons, Language of the Plants Presentation
- Organizational Team Building through Wild Foraging Training
- Seed Cache, Collecting & Plant Classes
- Naturalization of Ancestral Foods, Traditional and Contemporary Food Preservation Course
- Indigenous Ecological Knowledge: Eco-immersion Course
- Monthly Wild Foraging Excursion Classes
- Ethnobotany Educational Tool Bag (Seed Cache Kits, Wild Coffee Substitute and more)

Cost of Services

Classes

- Groups \$1,500.00/day (Groups over 10 additional \$125.00 per person)

Courses

- Group \$1,800.00/day (Groups over 10 additional \$125.00)

Presentations

- Group \$1,250.00/day

Trainings

- Group \$2,000.00/day (Groups over 10 additional \$125.00 per person)

Ethnobotany Educational Tool Bag

- \$250.00

Groups may qualify for a sliding scale discount - dependent on the organization

Keepers Of The Seasons, LLC

Thank you

We appreciate you taking the time to review our brochure. We look forward to hearing from you and value your time. If you would like to register for courses or obtain our services registration can be made on our [website](#) or by [phone](#). If there are any other questions or concerns not addressed in our brochure feel free to contact us through email:

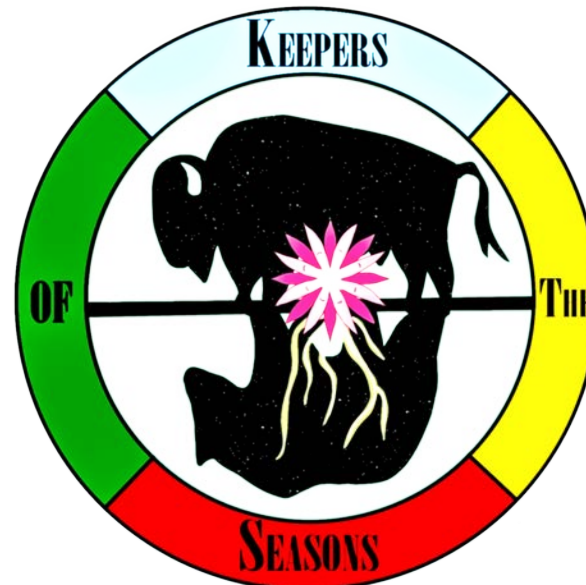
owner@keepersoftheseasonsllc.com

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KEEPERS OF THE SEASONS, LLC

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Keepers Of The Seasons, LLC

Professional Services Look Book



Eco-immersion: Indigenous Ecological Knowledge classes, courses, and workshops



Ancestral Pathways to Health

- Introduction to Eco-immersion
- Health & Wellness: Mind, Body Stress Reduction
- Wild Foraging
- Food as Medicine

Language of the Plants

- Introduction to Plant Knowledge
- Plant Identification
- Wild foraging
- Seed cache
- Land stewardship

Naturalization of Ancestral Foods

- Preserving Wild foods
- Food dehydration
- Wild food alternatives

Walking Through the Seasons

- Monthly Wild Foraging
- Natural Plant product processing
- Healing on the land



Overview

We offer services that encourage personal growth and positive change.

Eco-immersion:

- Indigenous Connectedness Presentation
- Walking Through the Seasons and Language of the Plants Presentation

Organizational Team Building:

- Wild foraging training (Plant identification)
- Wild foraging: processing, prep and protocol
- Health and Wellness Retreats
- Healing on the land



Healing on the land

Being on the land in a good way allows us to honor our ancestral promise to the land and teaches us to respect the natural order of all living things.

Each footprint we leave connects us to the past, grounds us in the present and guides us to the future; we learn to tread lightly and pace ourselves through intention.

Indigenous Connectedness allows us to know who we are, where we came from and the gifts we share. Importantly it teaches us to let go of ourselves and our past limitations (barriers) to make space for positive change.