



# Gather

## AUTUMN 2025 COHORT SYLLABUS

### MARIN MOUNTAINS

Sundays, 10 a.m.-1:30 p.m.  
September 7th  
October 12th  
November 2nd

### SONOMA SAVANNAS

Saturdays, 10 a.m.-1:30 p.m.  
September 6th  
October 4th  
November 1st

Sliding scale pricing: \$500-\$1500/person

# Autumn 2025 Cohorts: Gather

## Earth Work Cohorts - You Belong Here!

Are you ready to embark on a journey that blends outdoor adventure, close-knit community, and personal growth? It's time to join an Earth Work cohort! These seasonal, outdoor, nature-based programs are done with a small group of 5-10 curious adults, and combine three in-person group outdoor experiences, two 1-on-1 guidance sessions with Earth Work leaders, self-guided nature adventures, and social gatherings.

Earth Work cohorts strengthen our relationships with nature, the self, and other humans. These unique programs help us remember our innate connections with all of the Earth's Beings, understand the world we inhabit, and see ways we can make transformational changes to sustain it. They're also a hell of a lot of fun!

Our Cohorts in Autumn of 2025 share the theme Gather. As we explore the unique landscapes of Marin and Sonoma Counties, we will connect deeply with the Earth in each location and ponder:

- *What stories from the natural world will we gather and hold close as the year nears its end?*
- *How do abundance, accomplishment, generosity and belonging manifest across the Earth's processes?*
- *What will sustain us through the winter months and who will we gather around us?*


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## Why Earth Work?

### Earth Work is a values-driven organization

In connecting with the Earth, we foster well-being, personal growth, and belonging. Members of our cohort programs participate in our organizational values and our mission:

- **Recognition and love of the More-Than-Human World.** The Earth is inherently fascinating, complicated, and beautiful, and we are not separate from it. Recognizing the value of all the Earth's Beings and finding love for them is also an act of self-love.
- **Health and Sustainability.** To engage with the Earth is to prioritize mental, physical, and emotional well-being. Robust health practices on the individual and community level fuel lasting sustainability practices on a systematic level. [Learn more here.](#)
- **Inclusive and Authentic Community.** Every one of the Earth's Beings is magnificent in its own way. We seek out and celebrate connectedness with all Beings regardless of identity, experience, or ability.
- **Joy, Playfulness, and Humor.** Fun and joy are key indicators that something is right with the world. We lean into this when we sense it, and create spaces for joy to flourish.
- **Regenerative Reflection.** Experience by itself is not indelible. We generate growth and permanence through reflective processes that catalyze expression into tangible and lasting action.



We work with the Earth,  
to support each other in  
remembrance,  
understanding,  
& transformation.

# Autumn 2025 Cohort Schedule

Participants can choose between the following cohort options. Each has the same structure, flow, and theme. They differ in dates, locations, and the sub-themes and activities specific to those locations.

## Marin Mountains

**Location:** On and around Mount Tamalpais in Marin County, CA

**Sub-themes:** Accomplishment, Perspective, Generosity

**Dates:** Sept 3-Nov 2, plus Dec 20 celebration

- Wednesday, Sept 3 or Thursday, Sep 4: Orientation Zoom session
- Sunday, Sept 7: Cohort Gathering #1
- Sept 8-Oct 10: 1-on-1 Sessions
- Sunday, Oct 12: Cohort Gathering #2
- Oct 13-Oct 31: 1-on-1 Sessions
- Sunday, Nov 2: Cohort Gathering #3
- Saturday, Dec 20: Solstice Celebration

## Sonoma Savannas

**Location:** On Sonoma Mountain, just outside of Petaluma, CA. *In partnership with the Sonoma Mountain Institute.*

**Sub-themes:** Abundance, Preparation, Belonging

**Dates:** Sept 3-Nov 1, plus Dec 20 celebration

- Wednesday, Sept 3 or Thursday, Sept 4: Orientation Zoom session
- Saturday, Sept 6: Cohort Gathering #1
- Sept 8-Oct 3: 1-on-1 Sessions
- Saturday, Oct 4: Cohort Gathering #2
- Oct 5-Oct 31: 1-on-1 Sessions
- Saturday, Nov 1: Cohort Gathering #3
- Saturday, Dec 20: Solstice Celebration

## Pre-Cohort Orientation

### Orientation Schedule

- **Dates:** Wednesday, September 3 or Thursday, September 4
- **Time:** 6:30-7 p.m. on both dates
- **Location:** Online Zoom session

### Orientation Overview

Prior to the first in-person cohort gatherings, participants have the opportunity to meet cohort leaders and Earth Work Co-Founders Abbey Gordon and Adam Ballard. Participants will learn about the program structure, core concepts and language, logistics information, and have the chance to ask questions about the program. These 30-minute sessions happen over a Zoom call.

We offer two options for these pre-cohort orientation calls. Cohort members can join for either date; the content is the same, so participants need only attend one of the sessions. Both sessions are open to members from each of our two fall cohorts. There is no need to RSVP, and the session will be recorded so anyone who is not able to attend will be able to view when they are able.

# Cohort Gathering #1

## Gathering #1 Overview

In the first gathering, we'll assemble our cohort groups in person for the first time. We'll get acquainted with our fellow cohort members and with the outdoor landscapes that set the stage for the entire cohort. The goals of our first gathering include:

- Members getting to know each other and our reasons for participating in the cohort.
- Sensory and somatic explorations of the natural world and the Beings that inhabit it.
- Invitations to engage with the theme of the cohort in partnership with nature and each other.
- Cultivating acknowledgement of and appreciation for the lands we live in relationship with.
- Introduction to the [Earth Work Guidebook](#) and how to use it as a tool to frame the cohort experience.

### Marin Mountains Gathering 1: Behold The Mountain

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- **Date:** Sunday, September 7
- **Time:** 10 a.m.-1:30 p.m.
- **Location:** Fairfax, CA, on the Marin Watershed lands at Lake Lagunitas
- **Distance hiked:** Approximately 2 miles
- **Elevation gain:** Approximately 300 ft

During our first Marin gathering, cohort members will join us in the woodlands of the Marin Watershed. We'll engage the senses on a short hike to a viewpoint where all of Mount Tamalpais will come into view. From there, we'll embark on a series of invitations that encourage us to consider the network of Beings that exist in balance to form this unique landscape, and how we can strive to be in reciprocal relationships with them.

### Sonoma Savannas Gathering 1: Roots And Rocks

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- **Date:** Saturday, September 6
- **Time:** 10 a.m.-1:30 p.m.
- **Location:** Sonoma Mountain Institute Home Ranch, near Petaluma
- **Distance hiked:** Approximately 2 miles
- **Elevation gain:** Approximately 250 ft

When we convene for our first gathering of the Sonoma cohort, we'll introduce participants to the Home Ranch of the Sonoma Mountain Institute (SMI). In this place, SMI works in partnership with the land to ensure its health. While we are there, we will move among the oak savannas on the mountain's mid-slopes, and bring our awareness to how our own personhood is connected to the health and dignity of all Beings of the Earth.

**Each gathering ends with a picnic where we'll share delicious, seasonal food and drink together!**

*Please note: locations of each cohort gathering are subject to change based on environmental and temporal conditions. Earth Work will communicate any location changes to cohort members with as much advance notice as possible. Rest assured: we have an extensive knowledge of the land in the areas we operate and take great care and responsibility in selecting locations where our programs will have meaning and impact!*

# 1-on-1 Sessions - First Cycle

## 1-on-1 Sessions Schedule

- **Date:** Between Gathering #1 and #2; participants schedule individually
- **Time:** 75-minute sessions
- **Location:** Online Zoom session, or in person at pre-determined locations

## 1-on-1 Sessions Overview

In our 1-on-1 sessions, participants can identify, clarify, and dialogue about their motivations for nurturing a more meaningful relationship with the Earth. Working directly with Earth Work co-founders Abbey and Adam, cohort members lean toward the answer to a simple, important question: *What brought me here?*

During these sessions, we combine conversation and guided questions with invitations to deepen the individual practice of nature connection. We refine our ability to actively participate in a reciprocal relationship with nature, remembering how to partner with the More-Than-Human world in ways that benefit not only ourselves, but also our communities and the world itself.

These sessions take place either remotely (via Zoom) or in-person at select, pre-determined locations in Marin and Sonoma, and participants can choose the format that works best for them.

## 1-on-1 Sessions Information - First Cycle

Each of the two cycles of 1-on-1 sessions has its own goals. For the first cycle, these include:

- **Debrief the experience of the first Gathering.** Gatherings happen with the cohort group, yet they provide a lot of room for individual expression and exploration. What did it feel like for you? What did you respond to? What sparked your interest or curiosity? What do you want to explore more of?
- **Establish individual goals for the cohort.** Everyone comes to an Earth Work program with a different motivation. Are you here to foster a stronger relationship with nature? Do you sense you can better partner with the More-Than-Human world to help you navigate a life change? Are you craving connection? Whether you want to learn a new way to walk through the woods or a new way to walk through life, we'll come together on the things that matter to you.
- **Nature-based invitations that are customized to you.** What pathways to connection feel most open to you? Which of your senses do you want to attune? What edges would you like to explore? Based on your reflections and goals, we will lead you through a series of invitations to get you doing Earth Work in ways that work for you, and talk openly about what you notice while doing it.
- **Regenerative reflection and "connecting the dots".** Together, we'll start crafting a sort of "action plan" that you can use to carry you through the cohort – and beyond. What are some of the practices of Earth Work you could bring into your daily life? What are the ways you could use the Earth Work Guidebook to help you in this journey? How can you prepare for, and what could you consider regarding the next cohort Gathering?

# Cohort Gathering #2

## Gathering #2 Overview

Each of the two cohorts has its own unique thematic content, which we explore in the second gathering. These sub-themes help us deepen our exploration of the More-Than-Human world in relation to the self, to any personal goals for the program, and to the overarching theme of the season. Program content includes:

- Engaging with sub-themes via a series of thoughtful, playful invitations that center nature connection.
- In Marin, sub-themes for this cohort are: Accomplishment, Perspective, Generosity.
- In Sonoma, sub-themes for this cohort are: Abundance, Preparation, Belonging.
- Opportunities to reflect and share collectively and openly about what we are noticing as we move further into the cohort experience.

### Marin Mountains Gathering 2: Beneath The Mountain

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- **Date:** Sunday, October 12
- **Time:** 10 a.m.-1:30 p.m.
- **Location:** Larkspur, CA, among the redwoods of Baltimore Canyon
- **Distance hiked:** Approximately 1.5 miles
- **Elevation gain:** Negligible

At the base of Mount Tamalpais, in Baltimore Canyon, a thriving forest of tall redwood trees spreads its roots through loamy soils. As we explore this lovely place, we'll ponder: what does it take for a Being to attain such size? What other Beings support such an accomplishment? What generosities does the forest offer, and how can we return them? By shifting our perspectives, we'll search for new meanings in an old landscape.

### Sonoma Savannas Gathering 2: Acorns And Oaks

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- **Date:** Saturday, October 4
- **Time:** 10 a.m.-1:30 p.m.
- **Location:** Sonoma Mountain Institute Home Ranch, near Petaluma
- **Distance hiked:** Approximately 2 miles
- **Elevation gain:** Approximately 250 ft

Among the oaks in autumn, abundant caches of fallen acorns await collection. These tiny Beings shimmer with a golden possibility mirrored by the light dancing off the late-season grasses that surround them. As we search for these – and other – treasures from the More-Than-Human World, we'll consider what else we want to collect to prepare for the coming winter, and how to partner with the Earth to foster true belonging.

**Each gathering ends with a picnic where we'll share delicious, seasonal food and drink together!**

*Please note: locations of each cohort gathering are subject to change based on environmental and temporal conditions. Earth Work will communicate any location changes to cohort members with as much advance notice as possible. Rest assured: we have an extensive knowledge of the land in the areas we operate and take great care and responsibility in selecting locations where our programs will have meaning and impact!*



# 1-on-1 Sessions - Second Cycle

## 1-on-1 Sessions Schedule

- **Date:** Between Gathering #2 and #3; participants schedule individually
- **Time:** 75-minute sessions
- **Location:** Online Zoom session, or in person at pre-determined locations

## 1-on-1 Sessions Information - Second Cycle

Each of the two cycles of 1-on-1 sessions has its own goals. For the second cycle, these include:

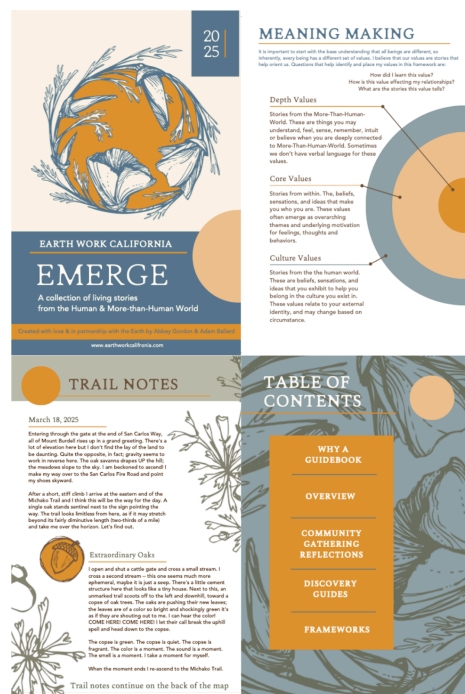
- **Reflect on the experience of the second Gathering.** In each cohort Gathering we mine deeper into the cohort theme. What did you notice during the second Gathering? Has anything started to crystallize? Is there anything that feels as-yet incomplete?
- **Converse about your cohort goals.** We'll re-examine your goals from our first 1-on-1 session, and ask if there is any need or desire to refine them. Do they still feel relevant? Have any new goals emerged?
- **Deepen your individual practice.** We'll engage with nature in another series of customized invitations. We might explore more novel, challenging, or out-of-the-box ways to connect with nature and gather stories from the More-Than-Human world.
- **Prepare for the Elemental Adventure.** Our third and final cohort Gathering is the culmination of the cohort. Is there anything you want to do to prepare before the gathering? Where would you like to be after it? We'll talk together about how to make this gathering a powerful and meaningful way to complete your cohort experience.

## The Earth Work Guidebook

### Guidebook Information

All cohort members receive our Earth Work Guidebook. These 50-page, custom designed books help participants deepen their experience and develop nature-based practices of their own. The Guidebook contains:

- Discovery guides to use to explore local parks and trails.
- Visual frameworks to use as tools to reflect on cohort gatherings and 1-on-1 sessions.
- Space for journaling and drawing.
- Original artwork and writing by Earth Work co-founders Abbey Gordon and Adam Ballard.
- And more!



# Cohort Gathering #3

## Gathering #3 Overview

Our third and final gathering for the cohort is a culminating Elemental Adventure that invites participants on a profound and novel journey into the self and into intimate proximity with the More-Than-Human world. In these cohorts, we will guide participants through an exciting Tree Tethering experience, which includes:

- An expansive somatic invitation to enter a state of embodiment.
- A solo exploration of landscape, viewshed, and habitat, and how we fit into this collage.
- An extended metaphorical and physical process of tethering the self to a tree.
- A communal process of tethering to a tree as a collective, cohesive group.
- Reflection on the Elemental Adventure and also on the entire cohort experience

### Marin Mountains Gathering 3: Beyond The Mountain

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- **Date:** Sunday, November 7
- **Time:** 10 a.m.-1:30 p.m.
- **Location:** Ridgcrest Boulevard, on the upper slopes of Mount Tamalpais
- **Distance hiked:** Up to 2 miles
- **Elevation gain:** Approximately 250 ft

Up high on Mount Tamalpais, we'll walk together across grassy ridges and slopes with views that extend far beyond the mountain. In this expansive landscape, we'll anchor ourselves (figuratively and literally) to the hardy trees that thrive here. What can these Beings help us remember? What will we come to understand about ourselves? What could we envision together to transform our experiences into meaningful actions?

### Sonoma Savannas Gathering 3: Beings Of Both Worlds

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- **Date:** Saturday, November 6
- **Time:** 10 a.m.-1:30 p.m.
- **Location:** Sonoma Mountain Institute Home Ranch, near Petaluma
- **Distance hiked:** Approximately 2 miles
- **Elevation gain:** Approximately 250 ft

The wisdom and guidance of the oak trees that live together at SMI's Home Ranch have accompanied us throughout the cohort journey. At our final gathering, we will tether ourselves closely to them to gather the stories they have told. We'll remember how connected we are to the Earth, and understand how actively partnering with both the Human and More-Than-Human worlds can lead us through healthful transformation.

**Each gathering ends with a picnic where we'll share delicious, seasonal food and drink together!**

*Please note: locations of each cohort gathering are subject to change based on environmental and temporal conditions. Earth Work will communicate any location changes to cohort members with as much advance notice as possible. Rest assured: we have an extensive knowledge of the land in the areas we operate and take great care and responsibility in selecting locations where our programs will have meaning and impact!*



# Post-Cohort Solstice Celebration

## Solstice Sunset Celebration Information

- **Date:** Saturday, December 20, 2025
- **Time:** 2:30-6 p.m.
- **Location:** Point Reyes National Seashore

Our Winter Solstice celebration is an opportunity for members in both of our fall cohorts to come together and enjoy time to casually reflect on experiences with their Earth Work programs. We'll convene on the beach at Point Reyes with a bonfire and watch the sun set. We'll spend time with friends from our own cohort, get to know the folks from the other cohort group, and share stories about our time in the program. It is a time to celebrate the end of the cohort, the end of the year, new friendships, and the beginning of whatever we're ready to undertake next!

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## Earth Work Cohort FAQs

Brief answers to just a few frequently asked questions about Earth Work Cohort programs

**How do I book and what is the price?** See below, or [follow this link](#).

**Who is this for?** Any curious adult (age 21+) who wants to work on their relationship with the natural world, and have fun doing it!

**Do I have to be an outdoorsperson to do this?**

No. No special skill is required, and our programs are not fitness programs. You need only be able to walk about 2 miles on trails, and be willing to explore fascinating outdoor locations.

**I have a friend who would love this, how can we book together? Do you offer referrals?** Although we can only accept bookings for one person at a time, we would LOVE if you join with a friend! If you refer a friend to join the same cohort as you, we will gift you a 1-year Day Tripper Membership to [Western Hills Garden](#), a frequent Earth Work program collaborator (\$50 value).

**What do I need to bring with me?** For a list of what participants bring to each gathering, and what Earth Work does and does not include, please [click here](#).

**Will there be snakes? Ticks? Poison oak? Other scary things?** Well...yes. These things exist in all parts of California and are part of our landscape. We communicate about hazards in every area and share best practices on how to stay safe. If this is an edge for you, we hope you'll lean into it – this program can help to move beyond these fears!

**What happens if the weather is bad?** Earth Work programs generally occur rain or shine. We will make determinations regarding weather conditions for certain events (smoke events, extreme heat, lightning, etc) as they arise.

**What if I have other questions?** Contact us at any time: [Email](#) or [Schedule a Consultation call](#)!

# Pricing and How to Book

[For Marin Mountains Bookings](#)  
[Click Here](#)

[For Sonoma Savannas Bookings](#)  
[Click Here](#)

## Cohort Pricing

Cohorts are priced on a sliding scale: pay what you can between \$500-\$1500. When you book, you will select the pricing tier that is best for you:

- **Full price:** \$1500
- **Tier 1:** \$1200-\$1500
- **Tier 2:** \$800-\$1200
- **Tier 3:** \$500-\$800

*Please consider paying at the highest level possible for you. Higher payments enable us to run more equitable and accessible programs for people of all income levels.*

## Booking Procedure and Policies

To book a cohort program, participants follow the following steps:

- Payment of a deposit through our online booking engine. This reserves your space.
- Within 2 business days of paying your deposit, we will send you invoicing instructions to pay the balance of your cohort.
- Balance payments are due 14 days after receipt of invoice, or no later than September 1, 2025 for programs booked after August 15.
- Balance payments are accepted via check (preferred) or Venmo.

For a list of our Cohort Booking policies: [click here](#).

## About Earth Work

At Earth Work, we believe that a relationship with nature is essential for a healthy world. Our mission is to work with the Earth to support each other in remembrance, understanding, and transformation. Whether you're seeking personal insight, stronger relationships, or a moment to reset, we're here to guide you. Rooted in relational work, our programs are designed to help you connect with the self, with others, and with nature.

To learn more about us: [click here](#).

*Earth Work Co-Founders Abbey Gordon and Adam Ballard*

