



Join Sam Gravestock (The Forest Path) &  
Sarah Fox (Oak & Willow Yoga)

Join Sam and Sarah for  
**BLOSSOMING**

a workshop rooted in nature connection,  
practical tools and grounded spirituality.





# BLOSSOMING

an online gathering

May 4th - 6pm to 9pm

Astronomical  
Bealtaine Eve



**ONLINE VIA ZOOM**

**May 4th - 6pm to 9pm**  
**ASTRONOMICAL**  
**BEALTAINNE EVE**

Book on  
[www.oakandwillow.ie/events](http://www.oakandwillow.ie/events)

**Cost €99**

## Sam Gravestock

works with the understanding that nature itself is medicine. A long-time nature guide and facilitator, he has spent years learning directly from the land, seasons, and elements, walking the space between the modern world and the wild.



His work draws on bushcraft, eco-therapy principles, shamanic practice, and deep ecology, with a strong emphasis on practical, lived experience.



*The Forest Path*

Through time outdoors, seasonal awareness, and simple field practices, Sam supports people in rebuilding resilience, restoring balance, and remembering how to live in right relationship with the natural world.



Sarah Fox is a  
yoga and movement teacher,  
clinical herbalist,  
spiritual celebrant,  
animistic ceremonialist and  
Medial Woman  
whose work centres on  
embodied presence and deep  
relationship with the living world.

She guides people back to the  
perceiving body through simple  
somatic practice, mindful nature  
connection and the  
quiet attention learned from  
long vigils in wild places, talking to  
trees.

Sarah's approach is grounded,  
spacious, accessible  
(and often hilarious),  
offering a gentle invitation to  
listen and rediscover ease  
within the self and with the land.



**Oak & Willow**  
YOGA TEACHER TRAINING

- **A seasonal journey into Bealtaine and the fire festival**
- **Exploring sacred union and relational living**
- **Plant allies: hawthorn, daisy, dandelion,**
- **plantain and rowan**
- **Folklore, myth and cultural context of blossoming season**
- **Practical wild plant uses, especially flowering plants**
- **Bushcraft and wildcrafting skills**
- **Plant diet and deep listening practices**
- **Plant consciousness meditation and guided journeys**
- **Grounded, embodied and land-based approach**

# BLOSSOMING

- The workshop is 3 hours online with offerings designed to be taken into nature at your lesiure
- Practical plant connection with Sam: useful skills, plant knowledge, and fire craft.. exploring how our ancestors worked with hedgerow and woodland plants in everyday life.
- Folklore & Journey with Sarah: slow, guided meditative practices to meet the spirit and presence of the plant sat this turn of the wheel of the year.

A spacious rhythm that allows learning to unfold through experience, attention, and relationship with the living world.

- [www.oakandwillow/events](http://www.oakandwillow/events)

# THE GUIDING PLANT ALLIES



- Hawthorn
- Daisy
- Plantain
- Dandelion
- Rowan

