



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

Join Sam and Sarah for
THRESHOLD

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



THRESHOLD

prescold / tairseach
Spring Equinox Container

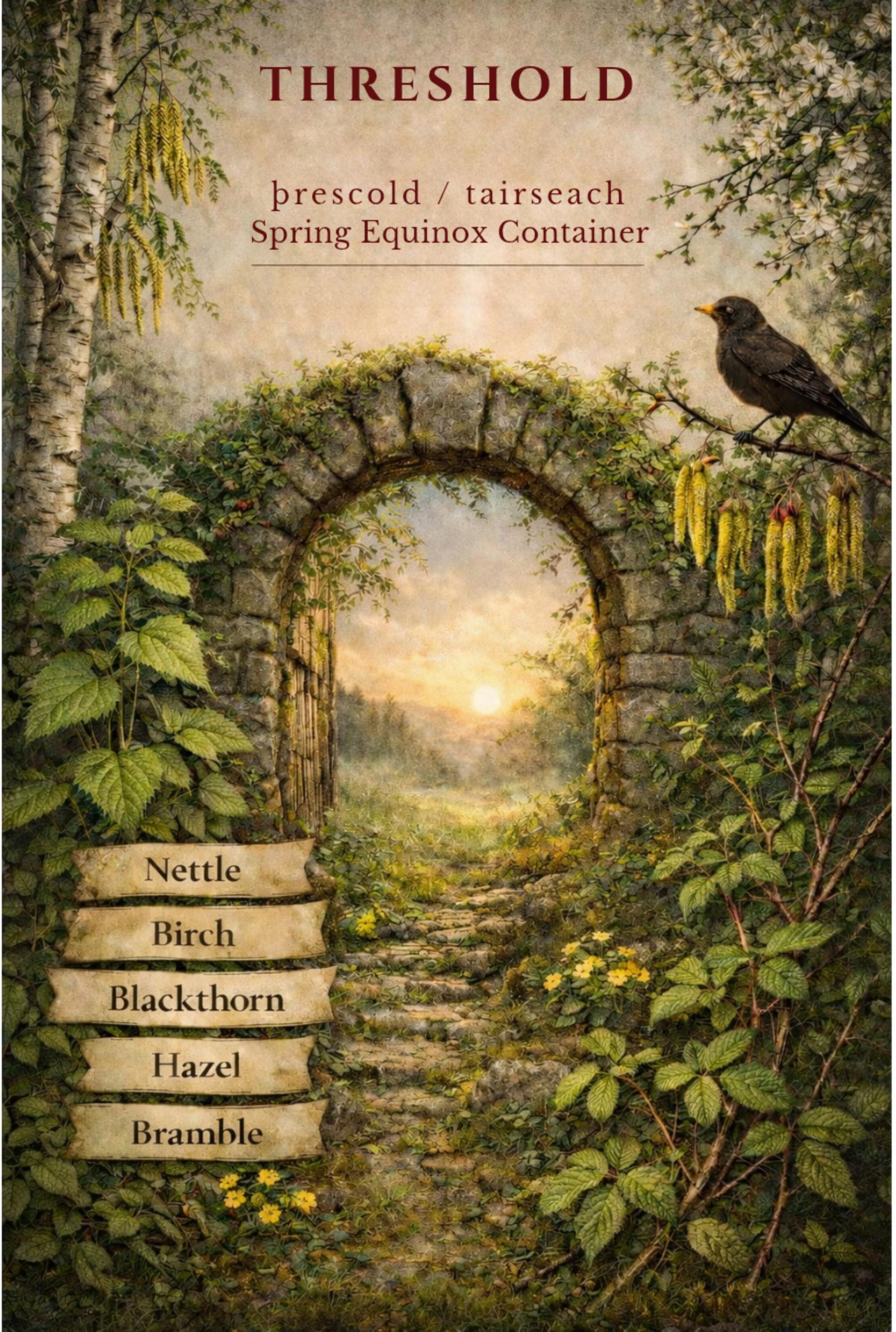
Nettle

Birch

Blackthorn

Hazel

Bramble





**A FIVE DAY JOURNEY OF COMMUNITY,
SHARED THROUGH A
WHATSAPP CONTAINER.**

**MARCH 19TH TO 23D
EQUINOX THRESHOLD**

**Book on
www.oakandwillow.ie/events**

Cost €121

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 five day WhatsApp container to support the seasonal shift across the equinox**
- **Prompts and practices shared every day**
- **Invitations to reconnect with self, nature, and the living rhythms of the land**
- **A mix of craft videos, reflection prompts, voice notes, guided meditation and embodied practices**
- **Including meditation, Bushcraft skills, nature connection, herbal medicine insights, and nourishment suggestions**
- **An experience you can meet at your own pace, in your own way**

A companion for crossing the threshold

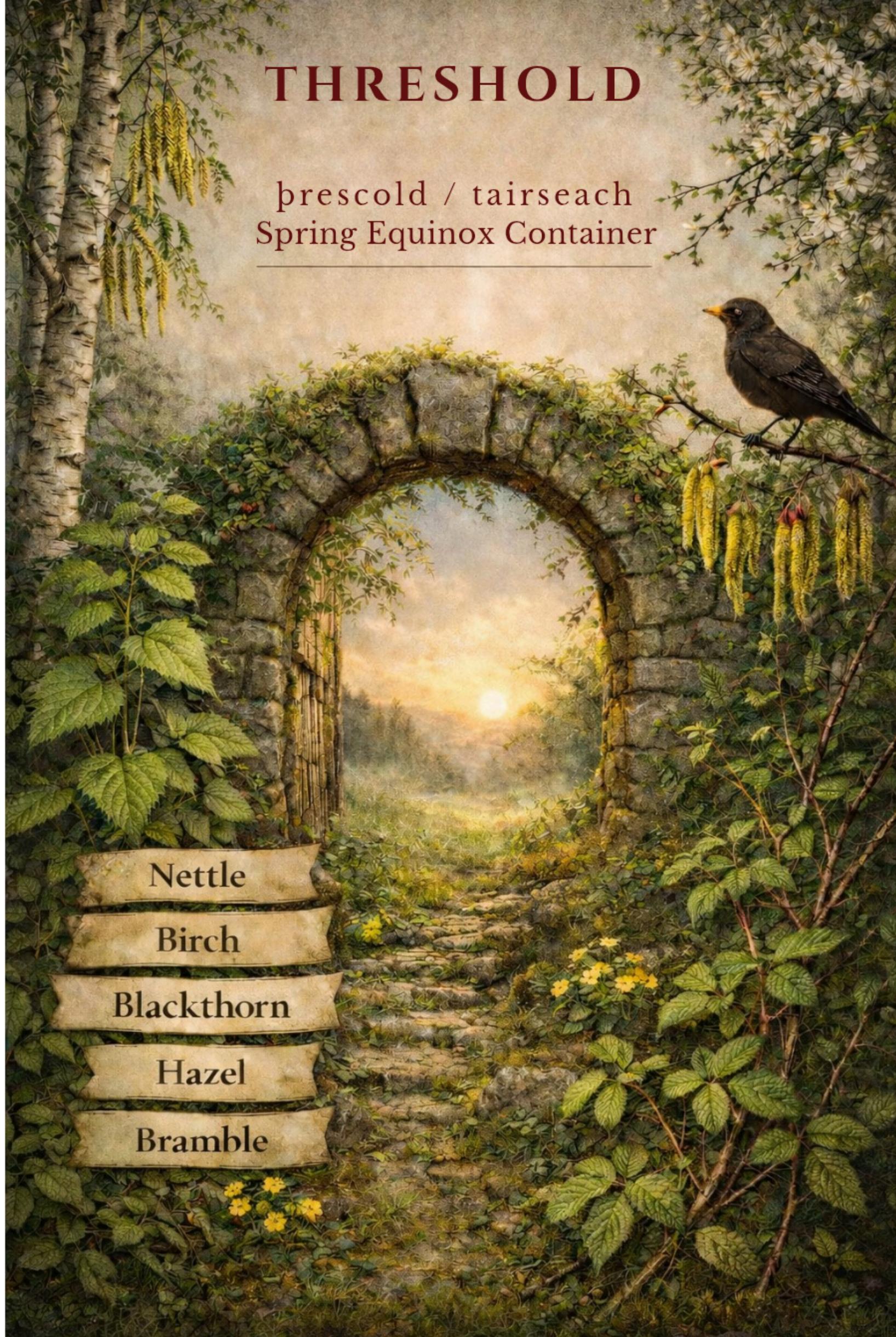
THE GUIDING PLANT ALLIES



- Nettle – awakening
- Birch – initiation
- Blackthorn – boundary
- Hazel – wisdom
- Bramble – protection

THRESHOLD

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