



The Balance

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

The Balance

An Autumn Equinox Container
17th–24th September

A week of practical animism
through the Autumn Equinox



THE BALANCE

Thursday 17th September
&
Thursday 24th September

6.30pm–9.00pm on Zoom

plus daily WhatsApp
practices and prompts

Two evenings together,
with five hours of live teaching with Sarah & Sam.

We give you the invitations.
You wander off and see what happens.

Every day, a new quest.
Stories, practices and prompts
alternating from Sarah & Sam
throughout the week.

Enough to enchant you
but not enough to overwhelm you.



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www.oakandwillow.ie/events

Cost €144

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.

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,
storyteller,
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 participation 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 to the body and the land.

Meet the September hedgerow.

Rosehips & Elderberries into syrup.
Blackberries into vinegar and fermentations.
Haws into medicine and preserves.
Fruit leathers, infusions, jams.

Learn the abundance of the middle harvest.

Get off the screen.
Get your hands involved.
Forage. Make. Preserve.
Taste. Walk. Listen.

Return to the old intelligence of
working with what the land provides.



The BALANCE

This container is designed with offerings and practices to be taken into nature at your lesiure

You will learn useful skills, plant knowledge, and craft, exploring how our ancestors worked with hedgerow and woodland plants in everyday life.

What restores balance?
What must be gathered,
and what must be surrendered?

efen / cothrom
even • equal • level • in balance

eorðlufu / Tenalach
earth-love • kinship with the land

Old English and Irish words
to approaching our relationship with place,
season and belonging.

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