



The Harvest

FORAGING FOR THE STORIES OF THE LAND

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

The Harvest

a workshop rooted in
story, land
mythic imagination,
practical tools and grounded spirituality.



Oak & Willow
YOGA TEACHER TRAINING



The Forest Path

THE HARVEST

Saturday August 8th 2026
10.00am to 1.00pm

Sunday August 9th 2026
6.30pm to 9.00pm

Lúnasa Gathering via Zoom





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Book on

www.oakandwillow.ie/events

Cost €145



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,
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
quiet attention learned from
long vigils in wild places, talking to
trees.



Oak & Willow
YOGA TEACHER TRAINING

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.

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- Nature connection and sensory awareness practices
 - Myth, folklore, and seasonal storytelling
 - Somatic and embodied movement explorations.
 - Plant connection and practical earth skills
 - Ritual, reflection, shared conversation and laughter.

The Harvest

A seasonal gathering of story, land and traditional craft, weaving together folklore, embodied practice, nettle cordage and nettle seed preparation.

The HARVEST

- This online workshop 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.
- You will experience a deeper connection to folklore, myth and archetype through guided meditative practices to meet the spirit and presence of the plants and mythological figures that can teach us something at this turn of the wheel of the year.
- You will build a relationship with the living world and the "more than human" allies.

www.oakandwillow/events

