



The Turning
WHERE THE LIGHT TURNS

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

for

The Turning


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



Oak & Willow
YOGA TEACHER TRAINING



The Forest Path



THE TURNING

June 20th - 10am to 1pm
and

June 21st 6.30pm to 9pm

Summer Solstice Gathering
via Zoom



The Turning
WHERE THE LIGHT TURNS

ONLINE VIA ZOOM

**June 20th - 10am to 1pm
and**

June 21st 6.30pm to 9pm

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.



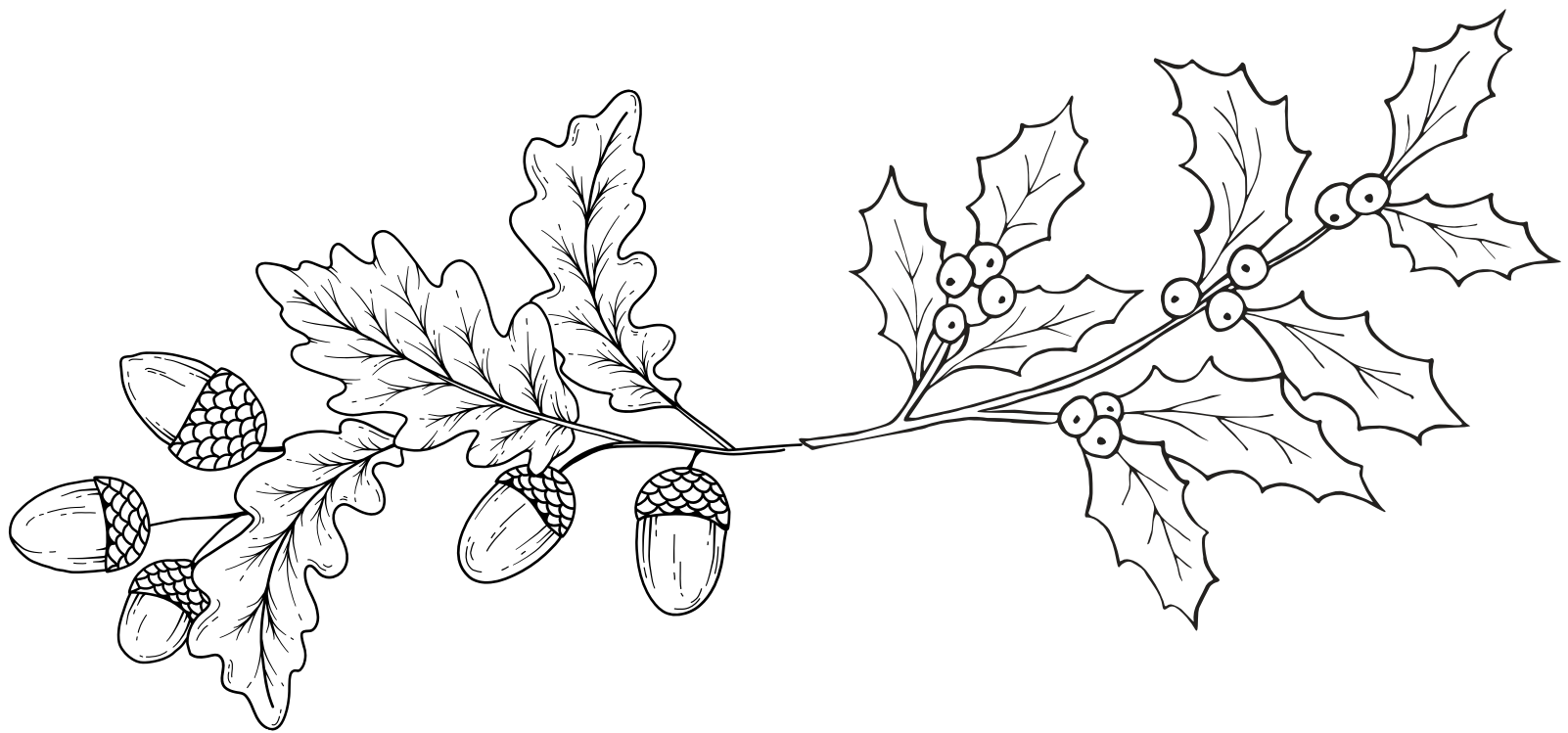
Sarah Fox is a
yoga and movement teacher,
clinical herbalist,
spiritual celebrant,
animistic ceremonialist and
Medial Woman
whose work centres on
embodied presence and deep
relationship with the living world.

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,
in her own option),
offering a gentle invitation to
listen and rediscover ease
within the self and with the land.



Oak & Willow
YOGA TEACHER TRAINING



- **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 Turning aims to honour the ancient understanding that the solstice is not only a peak of light, but a moment of change. Another living threshold.

Come gather at the virtual ceremonial fire as the light turns. Let modernity meet primal cravings for celebration and connection.

The Turning

- The online workshops are designed with offerings and practices to be taken into nature at your lesiure
- You will learn useful skills, plant knowledge, and fire 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

